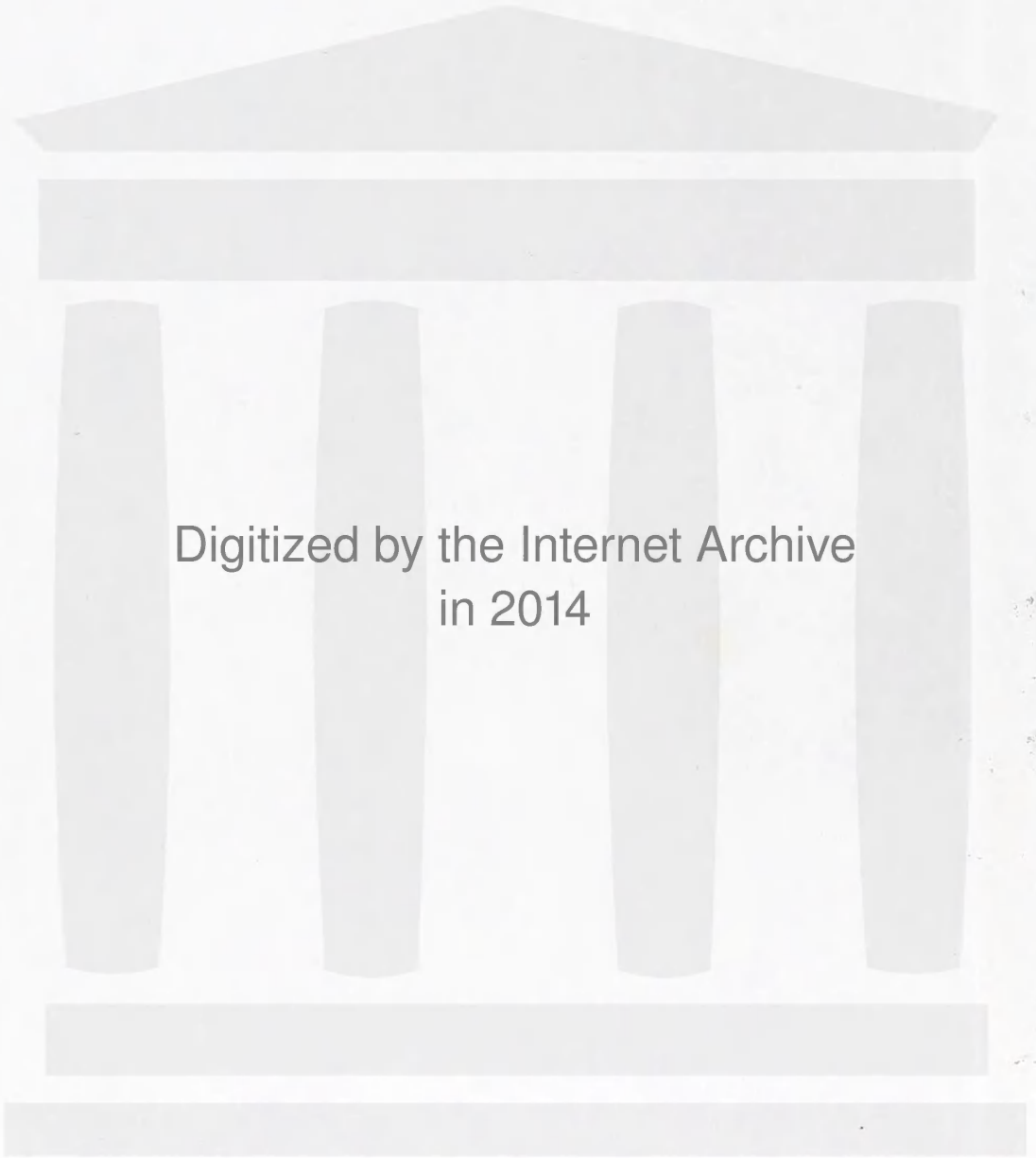


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NEW HAIRSTYLES FOR DAYTIME GLAMOUR

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Journal

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Cheryl Tiegs: What Price Fame and Beauty?

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Cheryl Tiegs wears Anne Klein's evening pajamas and Clairesse Medium Ash Blonde shade #208

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Lenore Hershey

Editor's Diary

TWO MAJOR EVENTS IN JANUARY

It's going to be a big 1980 for the Journal . . . starting with two major events.

A CELEBRATION OF WOMEN Special TV Program . . .

We'll be honoring our Women of the Decade and our Women of the Future at a special event that will be seen on TV the second week of January. (Check your local TV schedules for exact times and stations.) In addition to the many exciting women we will be honoring, presenters and performers will include, in alphabetical order: ERMA BOMBECK, SANDY DUNCAN, PHYLLIS GEORGE, CLORIS LEACHMAN, ALI McGRAW, MARIE OSMOND, GENE SHALIT, MAUREEN STAPLETON, MARLO THOMAS, CHERYL TIEGS.

Plus remembrance performances by MAMIE EISENHOWER and ROSALIND RUSSELL. And more, more, more. Don't forget: "A CELEBRATION OF WOMEN," on your TV screen in January.

. . . And An Important Conference

This will be a landmark conference on "WOMEN IN THE WORK FORCE," co-sponsored by the *Journal* and American Telephone & Telegraph Company. The conference, which will be held on January 14-15, will include as participants approximately 150 invited representatives from business and industry, organized labor, academia and government, exploring together the factors that will affect working women and their employers over the next decade. Watch for the recommendations and conclusions that will come out of this unusual conference . . . in this magazine and elsewhere.

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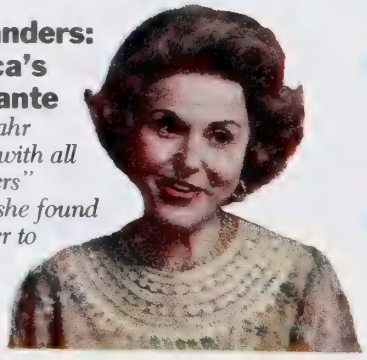
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LADIES' HOME Journal®

NEVER UNDERESTIMATE THE POWER OF A WOMAN®

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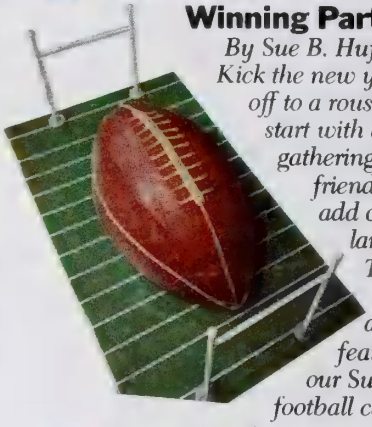
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ad and follow label directions.

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Can This Marriage Be Saved?

What happens when a couple can't talk about a problem? Richard wanted to help Susan, but first she had to tell him the dark secret she couldn't face or forget.

By Lois Duncan

"My Terrible Past Is Destroying Our Future"

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit, educational counseling and research organization with a staff of 70 counselors. The true stories reported here are drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was Sheri Fried, M.F.C.C.

RICHARD'S TURN

"Personally, I don't feel there's anything all that wrong with our marriage," began Richard, 36, an attractive, curly-haired man with a likable, easygoing manner. "I'm just here to humor Susan.

"Sue's a great gal, but she expects too much of everybody, especially herself. She's so uptight that she can't relax enough to enjoy either our sex life or our kids. Now she says she's 'under so much pressure' we may have to end our marriage. That's ridiculous! I love Sue, and I know she needs me more than she realizes. She may be the super-achieving career woman, but I'm the shoulder she leans on when the workday's over. The one thing Sue has to learn is how to loosen up and get some fun out of life.

"I grew up in a warm, affectionate family where there was always a lot of horseplay and kidding around. Both my parents were professional people, and my sister and I had just about anything we wanted. My parents always took it for granted that I'd go to college, but at nineteen I got my girl friend pregnant and had to marry her. Then, like a couple of idiots, we slipped up all over again and had a second baby. We were just kids ourselves, and for six years we bumbled along, playing at being married. I couldn't think of myself as a husband and father. I'd work at one low-paying job after another, dropping each one when I got tired of it. Finally my wife and I decided to call it quits.

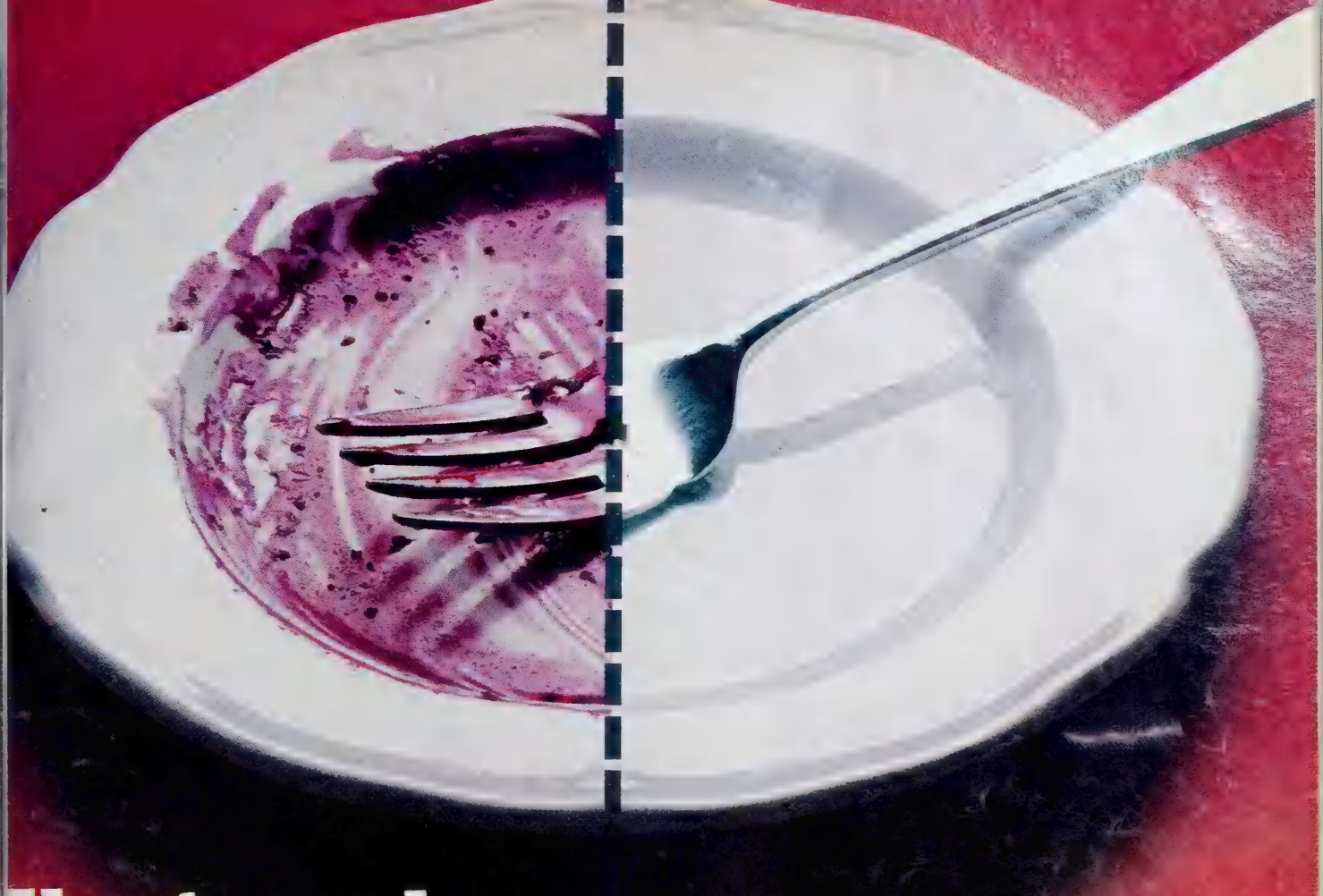
"For the next few years I did some wild living, trying to make up for all the good times I'd missed. I didn't really plan to marry again. Then I met Susan and fell head over heels. She was divorced and had a baby daughter, and I must say that the thought of all that responsibility scared me. She'd had a pretty bad first marriage, and was also nervous about trying it again. But we both knew that we had something special going, and we couldn't see life without each other. That's why I know Sue can't really mean it now when she makes noises about getting a divorce.

"Sue's family has always been a mystery to me. Her mother writes occasionally, but we never see her. Sue says she and her half-brother, Steven, were good buddies when they were younger, but you'd never guess it now. They act like total strangers. And her dad and younger brother seem to have disowned her completely—I've never even met them. I gather there was some big family blow-up—Susan won't discuss it—and that she was hurt pretty badly. The thing is, it's way behind her now, and I think she should forget it. She has a new family—me and our son, Mark, who's six, and the kids from our previous marriages.

"My kids stay with us in the summers. Sue says we can't afford such long visits, but for me they're the high point of the year. So what if we're a little crowded and have to pinch pennies—it's worth it! Sue's the wage earner in our family with drive and ambition like you wouldn't believe. I bet someday she turns out to be the first woman president. For my part, I'm not a go-getter type. I never have any trouble getting a job, but I don't value success the way Sue does. One of these days I know the right position will open up, and I'll be ready for it. In the meantime, Sue's doing so great that I don't have to worry about the future. Besides, she worries enough for both of us.

"The place Sue's tension shows up most is in our love life. I think sex is fun, and I'd like my wife to think so, too. It'll never happen. She's got a cute figure, but let me make one playful remark about it and she gets so upset you'd think I'd told her she was ugly. In bed at *(continued)*





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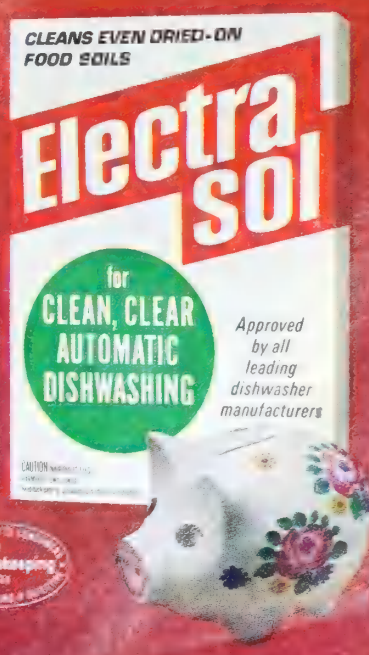
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Can This Marriage Be Saved?

continued

night she's never ready for love, eve
I let her know way ahead of time
I'm feeling romantic. She lies there
huddled up and about as responsiv
a stick, making apologies about
tired she is or worrying about whe
Mark's going to come walking in o
Despite ten years of marriage to me
three to her first husband, she's
scared of sex.

"I can't see why a woman wit
much going for her as Susan ha
many hang-ups. I love her, but I d
understand her at all. I sometimes
like I'm trying to put together a pu
with an important piece missing. I w
Sue to be happy in our marriage, b
don't know what to do to make her
way."

SUSAN'S TURN

"I've tried, but I can't bring mysel
tell my husband the truth about my
rible past," began Susan, a pretty, sm
ly dressed woman of 33, who was
president of a public relations firm
had a love affair at a very young
and it was the most intense, all-cons
ing relationship of my life. I don't th
I'll ever get over it.

"The man—or perhaps I should
'boy,' although he seemed a man to
—was my half-brother, Steven, my m
er's son by a former marriage. Ste
lived with his father until he was sixt
and then came to live with us. I
twelve at the time, a lonely child w
few close friends and I knew nothin
all about boys. At first I was very a
ward and stiff when I was around
But his kindness, which was a total c
trast to my father's angry ways, ever
ally dissolved my shyness. I fell viol
ly in love with him. Our intimacy gr
and when I was fourteen we beca
secret lovers.

"Our relationship was close, w
and very special. Steven made me
attractive and didn't poke fun at me
way my father did. I knew I could co
on him. It was as if the two of us w
united against the world. I used to w
him love notes every day and leave th
under his pillow. When I was ninet
and a sophomore in college, my youn
brother discovered one of those n
and showed it to my parents. All
broke loose, and my dream world
ploded in my face. My father th
Steven out of the house, and I was m
to feel like the filthiest creature on
face of the earth. My mother, a gen
loving woman, was heartsick for both
us, but she was never able to stand
to my father when he was in a rag
kept my sanity by clinging *(continu*

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Marlboro Lights	12	0.8	Vantage Menthol	11	0.8
Merit	8	0.6	Winston Lights	13	0.9
Merit Menthol	8	0.6			

Of all brands, lowest...
Carlton Box: less than 0.5 mg. tar and 0.05 mg. nicotine av. per cigarette, FTC Report May '78.

	Tar mg./cig.	Nicotine mg./cig.
Carlton Soft Pack	1	0.1
Carlton Menthol	less than 1	0.1
Carlton Box	less than 0.5	0.05

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Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report May '78.

Can This Marriage Be Saved?

continued

a shred of hope that Steven would me back for me, but that was shat-red a few months later when he mar-ed someone else.

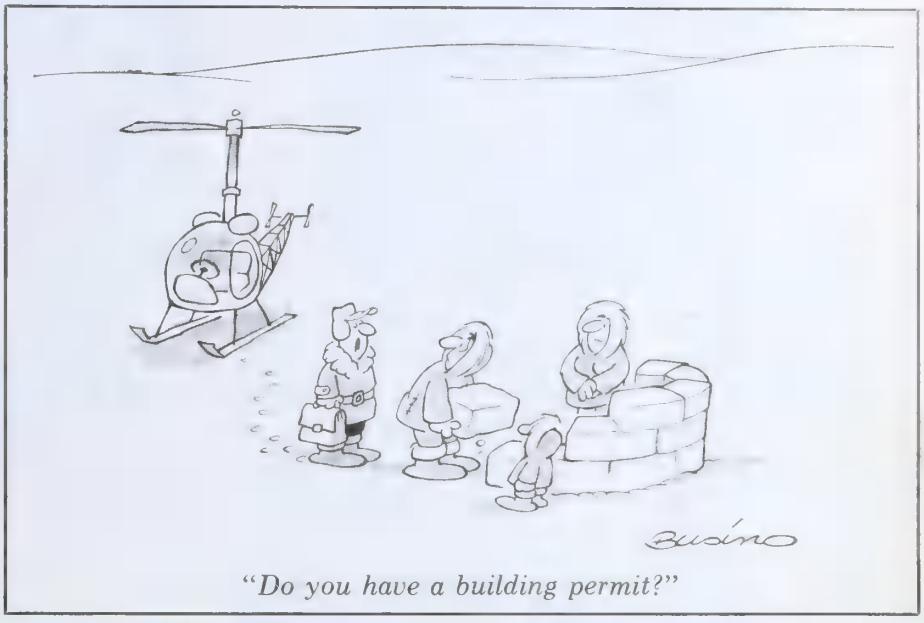
"I had never dated during high school all my emotions were invested in Steven but now, desperately hurt and miser-le in my home situation, I grabbed at ie first man who showed an interest in e. The fact that my parents thought m unsuitable made me even more de-rmined to make the relationship work. ut I felt no joy when we were married. anding there in the church after the remony, I asked myself, 'What in od's name have you done!' I thought I as going to be sick to my stomach.

"The marriage was a disaster. The nly good thing that came out of it was ie birth of my daughter. Soon after iat, we were divorced, and I threw my-lf wholeheartedly into a new role—areer woman. I had dropped out of llege when I married, but I was de-rmined I would get ahead anyway. I id to prove to myself I could be a suc-ss at something, and if it wasn't to be ve, then it would be business.

"I never thought I'd remarry. But then, I never expected to meet a man like Richard. He had many of the kindly qualities I had loved in Steven, and his warmth and easy, happy nature were like a breath of sunshine. When he proposed, I told myself I was the luckiest woman in the world. Now I wonder if my second marriage may not have been as much of a mistake as my first.

"Richard and I don't seem to be able to live up to each other's expectations. I thought I was getting a life partner, not another dependent. I enjoy my job and work hard at it, and I'm moving up in the world professionally, but our marriage isn't keeping pace. Richard's a charming, adorable man, but he has no ambition, no desire to grow and achieve. He comes from a well-to-do family and just never learned to take on responsibility. He drifts from job to job, and when the kids come for the summer he'll quit work altogether so he can spend more

(continued on page 105)



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How often you need to add oil varies according to the age of your car, as well as how and where you drive. For example, new cars (those that have been driven less than 4,000 miles) may consume a little more oil until parts are broken in. Driving at high speeds, particularly in very hot weather, can also consume more oil. To be on the safe side, check the oil level every other time you get gas.

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What's Happening

Eye-popping changes are ahead in television, says Gene, as astonishing as was the original leap to TV from radio. And the term Boob Tube may leave the language forever.

Gene Shalit

Purists (and others who know how to count), insist that our new decade begins *next* year: 1981. But I'll bet you're saying "Blather! The cover of this month's *Journal* says January 1980 so *this* is the start of the new decade." Okay, you'll get no argument from me. I'm here to peer into the future.

What can you expect of the 1980s? Let's begin with our television set, because that's the sight site of the most far-out, stay-home, eye-popping changes.

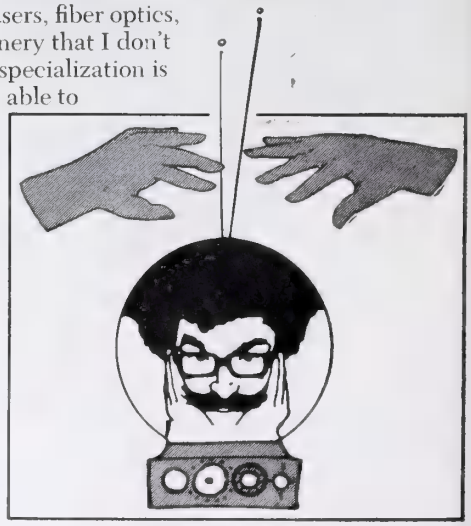
Look back. What you've watched and how you've watched it hasn't changed much over the last ten years: Cops-and-robbers and private eyes who are rarely arresting . . . some adventurous news shows . . . a few good shows and a lot (a sorry lot) of dreary shows.

Look ahead. The change from today's television to tomorrow's will be as astonishing as was the leap to TV from radio. During the 1980s, a good deal of *what* you watch will be available for the first time (good deal!), but the most explosive change will be *how* you watch. "Idiot Box" and "Boob Tube" may leave the slanguage. TV viewing and passivity may no longer be synonymous. Imminent changes will revolutionize your entertainment habits and your life at home.

From its beginning, Cable was the only TV available for millions of would-be viewers surrounded by signal-blocking mountains, or isolated residents of Somewhere, Idaho. By the 1960s, it had spread across the land. In cities, Cable got a good reception because with cable *you* got good reception. A decade ago, only one in ten of us could receive Cable at home. Now the figure is one in five, with more new cablers claiming our time more of the time. But Cable does more than rid your screen of fuzz, flipple, garble and ghosts. It provides more programming. In New York City, for example, Cable-connected families have a choice of 26 stations. There are the three networks, plus independent stations, public stations, foreign-language stations, movie stations, all-news stations and just plain *weird* stations.

Choice: that's what you'll be getting in 1980s television, which is refreshing after (in our friend Kurt Andersen's phrase), "thirty years of programming that amounted to Tweedledee, Tweedledum and Tweedledumber."

TV choices in the 1980s know no limit—engineers say it is possible right now to send out more than 100 different programs at once over the TV cable. And with lasers, fiber optics, satellites and other futuristic finery that I don't understand, bizarre television specialization is possible. In 1990 you might be able to watch a talk show produced exclusively for middle-aged, Peruvian-American, college graduates with more than three children who live west of the Mississippi, or flick the channel and watch live coverage of your local Parent-Teacher Association meeting. Or the southeast Kentucky Curling Championship, or a nude production of *Oklahoma* in Spanish.



This isn't idle *(continued)*

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*CARLTON FILTER SOFT PACK: 1 mg. "tar" NOW FILTER, MENTHOL: 2 mg. "tar", .2 mg. nicotine av. per cigarette by FTC method.



What's Happening

continued

idiocy or crazed conjecture. *Right now* in Atlanta, supercharged entrepreneur Ted Turner is creating a whole network, new and novel. A *cable* network. Most notably, subscribers to Turner's television will be able to watch news at 3 A.M. or at 9:30 P.M. And at half past noon. Twenty-four-hours-a-day television news, and it's already staffed with big name veterans of the three major networks, seduced, sirened and shanghaied into Ted's enterprise of audacity.

Right this minute, this cacophony of Cable—like the all-night kosher pizzeria—is available only to a privileged minority. But by the end of the 1980s, most of you should be hooked up (if not turned on). And a lot of you—a third or more—will have conquered TV *time*. You'll be completely freed from prime-time schedule slavery. That's because last week, this week and *every* week, 10,000 American families are buying videocassette recorders. For anywhere from $700 to twice that much, these handy electronic astonishers let you watch *what* you want to watch, *when* you want to watch it, or even over and over again. Several million recorders have been sold so far, and the sales rate is on fast-forward as newer, fancier features turn up on the machines. As the 1980s roll by, look for video-recorders that can capture *12 hours* of programming, that automatically delete commercials, that record two different channels at once, that even produce color slides of favorite scenes.

Maybe you'll want to record a local Milwaukee news program, but you live in San Diego? That may soon be possible. Powerful home antennas, at less than $1,000, will permit you to tune in on satellite signals from anywhere.

RCA is ready with another marvel: "Selectavision," a video disk that, by 1989, will be in some 50 percent of today's color-TV homes—which means about 40 million sets! The initial catalog of these visual records will have about 300 titles—from classic old movies to innovative, new products. Herbert Schlosser, former president of NBC, says that, "People will see a movie of their choice in their own living room for less than the cost of two tickets, a baby sitter, gasoline and parking."

There will also be the "music vidisk" in which you will not only hear great musicians and rock groups playing, you will see them performing—all by playing what looks like an ordinary LP. You'll be able to buy a record to hear, or a record that will let you hear and *see*. By the end of the 1980s, the visual entertainment equipment you have in your house will make your current TV set seem as primitive as a crystal radio set.

MOVIES IN THE 1980s

There are two schools of thought about the future of the silver screen. (There are also two clichés in that sentence.) On the one hand (make that *three* clichés), there are those who predict more and more enormously expensive movies—$30 million to $50 million—as the only way to combat the home video equipment. In other words, only a gargantuan extravaganza will lure people from their living rooms to a movie theater. The other predictors think there will be more and more low-budget films for special audiences, especially the young who will want to go out for social reasons and not just watch a screen in their own living rooms. You don't have much of a chance to meet a cute, new date in your living room. One thing *I'm* betting on is a continued rash of sequels (which is okay if you like rashes). In the 1930s and 40s there were sequels all right, but they didn't brag about it. They didn't put Roman numerals after Andy Hardy's name. Now the movie makers are blatant about saying, "Here we go again!" We had *Rocky II* and *Jaws II* and *Omen II* and *Godfather II*. Maybe it's a result of truth in packaging. I know this "let's-do-it-again" craze will *(continued on page 98)*

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23158



By Geraldine Carro

Babies Are Smarter Than You Think

What goes on in a newborn's mind? Here's a surprising—and delightful—look at what experts now believe babies are able to do.

We probably owe our infants an apology. For years we've been underestimating their talents, treating them like incompetents. New research shows, in fact, that babies are surprisingly capable creatures.

Even in the delivery room, while still wrinkled and brand-new to life, they are already busy processing information. "They are working on themselves and their world, learning and probably even setting up behavior patterns for the future," says Dr. T. Berry Brazelton, one of the country's top professional baby watchers. Dr. Brazelton, a practicing pediatrician and researcher, has devised a now widely used test for newborns that allows doctors to measure the broad range of babies' responses at birth.

He and other leading researchers—pediatricians, psychiatrists and psychologists—are challenging the old notion that a newborn is little more than a lump of clay. A phrase one hears the experts use these days is "the competent baby." It's exciting, given that infants have been around for some time, to contemplate this new image. It's rather like finding unsuspected qualities in an old friend whom you thought you knew inside out.

This new point of view stems from recent scientific fascination with early infancy. In the past ten or 15 years, researchers have been busy scrutinizing—in the most minute detail—the behavior of babies in their first hours, days and months of life. As a result, we now know a great deal about newborns and their responses to the world they inhabit.

These research findings, moreover, are challenging some of our pet assumptions. Take, for example, the widely held notion that young infants have exceedingly short attention spans. Apparently, they focus their attention a lot longer and better than we tend to think they can, says psychologist Frances Horowitz. She discovered this while conducting other research: She and her staff at the University of Kansas were trying to determine how well babies distinguish one visual pattern from another. To this end, the researchers held cards with different designs in front of the babies. They began by first flashing a card for 30 seconds, removing it, and then substituting another. Before long some of the babies began to cry. They were frustrated with Dr. Horowitz' timetable. Some were impatient, eager to see a new card after ten seconds. Others, when allowed to, would look at the same object for five or ten minutes. One baby could fix her attention for a full 19 minutes.



Given the new and significant information scientists have acquired, it's about time someone wrote a book to bring parents up-to-date. And someone has. The book is called *Infants: The New Knowledge* (Harvard University Press, Cambridge: 1979. $10.00). It's written by psychologist Robert McCall and, unlike so many of today's books for parents (books that seem to proliferate like chicken pox), this one actually has some hard, new information to offer. Its chapters take readers through the first two years of life, but the most interesting findings concern newborns who, after all, have the hardest time telling us about themselves.

Newborns, according to McCall, arrive in the world with their senses remarkably intact. They can, for example, see, hear, smell and taste considerably better than we had previously assumed. Once we know this, it's not difficult to accept the notion that these sensitive creatures are also learners. The research shows that they acquire knowledge and skills right from birth, long before we see the more obvious signs—the smiles, the cooing and babbling, the attempts to roll over or reach for objects—that later on reassure parents that they have been blessed with an alert, intelligent offspring.

Here is some of the evidence McCall marshals in his book:

Seeing

- Although they may spend a large amount of time with their eyes closed, infants actually see fairly well when they're awake. They can detect lights and are especially sensitive to bright lights. (Did you ever notice how babies often fuss when the light is suddenly turned on?)
- While their vision is less sharp than ours, babies can see things that are close to them. Your baby can distinguish the features of your face, says McCall, if your head is somewhere between seven and 15 *(continued)*

Her family thinks it's great tasting fish.
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Ask Cheryle Harrison, of Lemay, Missouri why she likes using ritan Oil, and you'll get not one good reason. But two.
First, she finds that Puritan has a really light taste. She says ritan not only makes fried foods crispy, it gives her salads and ked goods true flavor ("It doesn't *hide* the flavor").
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COATING



"Thanks for the tip, Pete. My last chicken was so juicy I could have kissed you."

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inches away from the infant
Hearing • Infants are born wit
developed senses of hearing. Th
differentiate somewhat among
two months before birth.
• Newborns respond to higher
when wide awake and to lower
when they are drowsy. Lower
seem to have a calming effect.
may be why dads seem to hav
luck calming babies than do m
• A study by Boston University
William Condon and Louis San
gests that newborns sometimes
nize their movements to the so
their parents' speech, becoming
in a unique infant-parent ballet.
Smell • Dr. Louis Lipsitt, at Bro
versity, reports that infants wh
sented with two different
smells—orange and licorice, for e
—can distinguish between them.
• Babies apparently recognize th
of their mothers very quickly.
experiment, mothers were asked
a gauze pad in their bras while
The pads were removed and pl
proximity to the infants. Babie
days of age consistently turned
their mother's gauze pad rather
the one worn by another mother
Taste • Infants can distinguish
the taste of two different subst
even if they smell the same. Dr.
says infants taste the difference
formula and breast milk.
Early Learning • An early
learning consists of recognizing
iar object or event. Dr. Stephe
man says that in their first few d
bies can differentiate between
patterns. He demonstrated this b
ing newborns a black-and-white
erboard for repeated one-minute
until the infants lost interest
Friedman presented them with
ly different checkerboard. The
interest perked up again. The stu
gests that the infants had "learn
first checkerboard and had menta
istered the change in design.

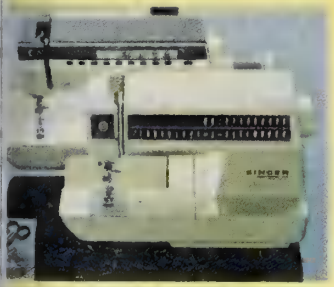
It would be misleading, of co
imply that infants are capable
complex learning. They aren't g
master the alphabet at three wee
if you sit them in front of *Sesam*
non-stop. By adult standards, ne
aren't very clever creatures. B
do constantly pick up and absor
mation necessary to the simple sk
are busy mastering, such as s
hearing and seeing. Although
not geniuses, they're not blobs.
From the very beginning, say th
watchers, your infant is alert
sponding to you. It makes sens
spond right back.

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At last, Encare.®

Neat, compact, no bigger than your fingertip, Encare is fast becoming the most talked about contraceptive we have today.

Free from hormonal side effects, Encare is available without a prescription. And it might well be the easiest method of birth control you will ever use.

Simply simple.

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Simply effective.

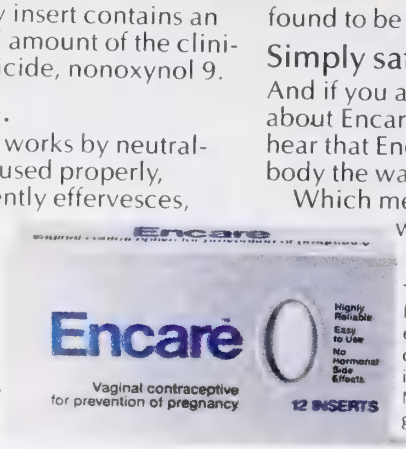
Very simply, Encare works by neutralizing sperm. When used properly, Encare melts and gently effervesces, spreading within your vagina for protection against pregnancy.

Even under very rigorous testing conditions, Encare's spermicide was found to be highly effective.

Simply safe.

And if you ask your gynecologist about Encare, you'll be reassured to hear that Encare cannot harm your body the way the pill or IUD might.

Which means, you simply won't b worried about those complications.



For maximum protection, it is essential that you read and follow directions carefully and, if indicated, consult your physician. No birth control method is guaranteed to prevent pregnancy.

Birth control, simplified.

IT'S NOT EASY TO BE A WOMAN TODAY!

"My Husband, the Ex-Slob"

By Barbara White-Melin

Before we were married, Carl and I never thought to discuss how we would divide the household duties someday. After all, who would expect a newly engaged couple in the throes of passionate love to decide who would have the dishpan hands and who would cope with ring-around-the-collar? We both thought we knew who would do the housework: I thought we'd share it and he thought I'd do it all. We did agree, however, that I would not quit my secretarial job to devote myself full-time to the role of wife and homemaker.

After the wedding we settled into a married life that was, for both of us, a state of bliss. We'd come home from work every evening, have a cozy dinner and plan our rosy future together. But the weekends weren't nearly as blissful once I noticed a pattern emerging.

I realized that I was spending Saturdays and Sundays grocery shopping, vacuuming, dusting and scrubbing while Carl sat in a stupor in front of the TV set, or tinkered around with one of his many hobbies. Something about this situation struck me as highly unfair.

For a while, I kept silent. I had always been told that woman as homemaker and man as breadwinner was the natural state; anything else was deviant behavior. Still, my resentment was beginning to build.

Although we both worked eight-hour days, he had his leisure time and I did not. I felt as though all my free time went into keeping our monstrous two-story, four-bedroom house clean. Not only did he neglect to do his share, he seemed to go out of his way to make more work for me.

Years of being a bachelor, and the influence of a doting mother, made him a difficult subject to work with. He'd come home in the evenings and undress while walking from the front door to the bedroom. I'd follow along, blithely retrieving his discarded briefcase, necktie, shoes, socks and jacket until the trail ended. Once in the bedroom, he'd remove the rest of his clothes, kick them around a little, and don an old pair of shorts and a sweatshirt.

I should have been more prepared for this problem. Hadn't I seen his "bachelor pad"? Carl had a reputation for being something of a swinger so, of course, I expected his apartment to look like a page out of a men's magazine: mirrors on the ceiling, soft, indirect lighting, leather couches and a bearskin rug in front of a working fireplace. But his pad looked as if it had been decorated by a crew of a garbage truck. A pair of socks was draped over a lampshade, food lay molding in the refrigerator and a glass of milk was curdling on the coffee table.

"It needs a woman's touch," he said lamely, when he noticed the look of horror on my face. I couldn't think of an appropriate reply. My eyes were actually watering! But I figured I could reform him, so I dusted him off and married him anyway.

Carl seemed to be blind to clutter and dirt. I tried to improve his eyesight with non-verbal signals. I assigned the dirty dishes to his care and left them in the sink to rot. Eventually, we ran out of dishes. I tossed all his dirty clothes in his closet for him to pick up—he didn't seem to care. Then I got tough.

(continued on page 101)

Protect your lips!



You can protect your lips from sun, wind, cold and dryness with Blistik—the soft, medicated stick with the lanolin emollient and Sunscreen. Blistik helps relieve drying, chapping, blisters and cold sores.

Blistik—
The lip shield



Beauty Journal

For the New Year, the message is a new sense of well-being, easy exercise, smart beauty buys.

LIFE-SPANS

Most of us collect cosmetics—nonstop. To try something new, maybe something even better. Question is: How long should these hoarded products be kept around? And where and how? It helps if you're aware that the majority of manufacturers follow an unwritten rule to insure a minimum of three years shelf-life. They also make sure products don't hang around the factory forever. *Product Tips.* • Best to keep all out of direct sunlight, away from high temperatures. Make sure covers are tightly closed. • Store expensive perfumes in the refrigerator (cool, dark). • Before opening, according to H.J. Eiermann, Director of the FDA's Division of Cosmetics Technology, products generally are microbiologically clean, but not necessarily sterile. • Alcohol inhibits contamination. If you have anything containing alcohol (astringents, toners), no problem. Talcum powder falls into this category, too. • Mascaras have one of the highest amounts of exposure to bacteria. Even though companies are ultra-careful, it's advisable to keep mascaras only for 6 months. And be selfish—don't share your mascara with a friend. Eyes are too delicate to be casual about. • Foundations in tube form are apt to stay better (more sanitized), longer than those in bottles or jars. Germs and bacteria can be passed along into the product whenever you dip your fingers in. The tube's pin-sized opening thwarts entry, even of much air. Can be important to someone prone to skin breakouts. • Without being fanatic, it's good to get into the habit of washing your hands before putting on makeup. • Don't like the color or smell of a product? Or ingredients have separated? Motto: When in doubt, throw it out.

CLASSIC AND SLEEK





Q. *Briefly—I'm a 27-year-old college counselor who looks too much like a student. And I've never found the right hairstyle for my r-o-u-n-d face. Please help!—J.B., Okla. City, Okla.*

A. • For a sleeker look, Glemby International's Black Hair Is Design Team created this classically simple style. Instead of setting your hair in roly-poly curls (fullness points up a roundish face), keep it smaller and closer. Sweep the sides back with clips or combs and let it fall to a longer length in back, gently turning under. The tightness at the sides and extra length will help minimize the width of your face—instantly. From the crown, brush hair forward and softly to one side. Finishing touch: enhance eyes with mauve shadow, smooth on berry-colored cheek color and lipstick.

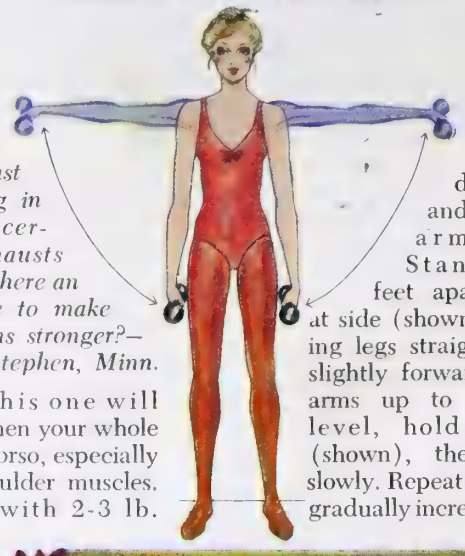
SPORTS PACK

Ever been caught without a Band-Aid when a blister puffs up on the tennis court? Be smart. Be prepared with a well-stocked sports bag. We're not suggesting that you tote around a complete medical kit—just that you ponder your needs and pack the basics. • Do you plan to shower there? If so, bring soap in a plastic holder and a shower cap. If washing your hair, slip in trial-sizes of shampoo and conditioner, perhaps a mini-dryer. Follow up the shower with a rubdown of body lotion, a dusting of talc, a dash of deodorant. • Don't forget assorted bandages to cover every ouch from splinter to nail break. • For really active games, you might want to change into a designed-for-sports bra. • Take tampons for emergencies; mini-pads for added protection with tennis whites. • If hair is long, stow covered rubber bands and barrettes to keep it off your face.

GOOD BUYS

January's beauty-bargain month. Explore, enjoy. • Just in the nick of time . . . for winter-dry skin, a body lotion to scent as well as smooth. Intimate Perfumed Body Moisturizer, 16 oz., $3.50. • Since eyelashes curve in a half-moon shape, why are mascara wands arrow-straight (you might ask)? Here with a *contour* brush, waterproof Magic Mascara by Maybelline, $1.50. • It's 4:30 and you're stuck at your desk with a stack of rush-work. Give yourself a lift with a quick pick-me-up spray. Enjoli Natural Spray Cologne, 1½ oz., $3.75. • For skiers, sunners or anyone on-the-go, a neat little collection of skin-care helpers in travel-size. Six in all, from Orange Flower Skin Freshener to Extra Rich Night Cream. By Dorothy Gray, $1 each. • A must-have to whisk away deep-down grime and makeup—lovingly. Pond's Light Whipped Cold Cream, 2.25 fl. oz., $1.50. • Hurry—a limited offering of a classic fragrance. Toujours Moi Natural Spray Cologne from Parfums Corday, new 1 oz., $4.50.

EXERCISE OF THE MONTH



Q. *Just carrying in the groceries exhausts me. Is there an exercise to make my arms stronger?—B.H., Stephen, Minn.*

A. This one will strengthen your whole upper torso, especially the shoulder muscles. Work with 2-3 lb. dumbbells and do side arm lifts. Stand with feet apart, arms at side (shown). Keeping legs straight, bend slightly forward. Raise arms up to shoulder level, hold steady (shown), then lower slowly. Repeat 12 times, gradually increase to 24.



Border by Julia Noonan. Drawings by Thea Klir

Outdoor cold. Indoor heat. Unfortunately, your skin can't hide from winter.

There's no getting away from the cruelty of winter's climate. Because indoor heat is just as drying as outdoor cold. That's why winter can age your skin even faster than birthdays. So unless you're careful, you may look a little bit older a lot sooner than you should.



That thought has concerned women all over the world. And that's why so many women have discovered the secret of a mysterious beauty fluid that helps them look younger, even in winter. Here in the United States, that secret is known as Oil of Olay.®

The moment that Oil of Olay touches your skin, you'll find that it's unlike anything you've ever tried before. Its unique blend of precious tropical oil and emollients starts penetrating instantly, works quickly to provide a moist, dewy climate for your skin.

In fact, Oil of Olay is like the natural fluids and oils so abundant in younger skin. And that's one reason your skin responds so remarkably, so quickly. The feel of your skin will become noticeably softer, and soon the look of your skin will be noticeably younger. Even those telltale little lines will seem to disappear.

And Oil of Olay can help you hold on to that younger look for as long as you cherish the secret. Because Oil of Olay hydrates your skin each time you use it...so your skin lives in a youthful climate all year round.

Oil of Olay is surprisingly greaseless, too. So you'll want to use it all day. And this is especially important during the harsh winter months. Many women use it as a base under makeup to smooth the application and keep the finish fresh looking. Some women use Oil of Olay all alone, to provide a young, lustrous glow and restore the supple look the winter day steals.

Winter is here, and once again it threatens to age your skin too quickly. So now, more than ever, is the time to discover the secret that makes a difference in how young your skin looks now, and all through the year.

Oil of Olay. It can help you look younger, too.

Beauty Hints:

If you need a hostess gift for a special friend, why not introduce her to Oil of Olay® beauty lotion. It makes a really welcome gift. Oil of Olay soothes away dryness, creating a moist, dewy climate for skin to luxuriate in. Skin feels softer and smoother, and looks that way, too.

Women who live a fast-paced life often shower, then towel briskly. If this is your pattern, next time pat yourself nearly dry and apply Oil of Olay on your still moist skin. Then ten minutes of feet-up rest. You can't help looking and feeling refreshed after such a relaxing routine.

Be a S.A.V.E.® Lady and save like crazy!

Send $1 (with Quiz) Get $10 worth of actual grocery products plus a $5 Surprise Gift FREE!

S.A.V.E. stands for Shoppers' Association for Value and Economy.

It was started just three years ago, and it has already attracted over 2,000,000 savings-happy S.A.V.E. Ladies.

With prices going up every day, S.A.V.E. is a wonderful way to fight inflation.

As a S.A.V.E. Lady, you'll be able to try and use actual family grocery products at savings of about 50%.

America's leading manufacturers want you to try their fine brands so they make them available to S.A.V.E. members—at far less than their value—because they know that once you try them, you'll buy them again at your favorite retail store!

You can send for your Introductory Kit filled with $10 worth of actual grocery products for just $1 plus your answers to the S.A.V.E. Quiz. And, we'll include a $5 Surprise Gift for you... FREE!

Be a S.A.V.E. Saver.
Start saving through S.A.V.E. without losing a day. Do it today!



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More than two million women have already discovered S.A.V.E. Shouldn't you?

You can start saving today.

Just mail the S.A.V.E. Quiz with $1 and we'll rush you—postpaid—your $10 Introductory Kit plus your $5 Surprise Gift FREE. Keep on saving as long as you want. As a S.A.V.E. member, you'll receive even bigger and better packages...a new and different S.A.V.E. kit about every two months. Each kit is worth $14 or more, yet you pay just $6.98 plus shipping and handling for each one you decide to keep. Examine each S.A.V.E. kit when it arrives. You may return any kit you don't want, and you may cancel at any time. There's absolutely no obligation to buy another thing—ever! And with every kit, you also get S.A.V.E. Cents-Off-Coupons and the S.A.V.E. Buying Guide®. It's filled with expert advice and money-saving recipes to help you get more for every dollar you spend.

Cut along dotted line and mail today if card or envelope is missing.



Get actual products like these from S.A.V.E.

The S.A.V.E. Quiz

S.A.V.E. wants you to fill out the Quiz below. This Quiz helps S.A.V.E. send the right products to S.A.V.E. members—products they need, want, and can use.

1. What is your age group?
☐ 18-24 ☐ 35-49
☐ 25-34 ☐ 50-64
☐ 65 +

2. Are you married?
☐ Yes ☐ No

3. How many children do you have?
☐ None ☐ 2
☐ 1 ☐ 3 or more

4. What are the ages of your children?
☐ Under 2 ☐ 6-11
☐ 2-5 ☐ 12-17

5. Do you have a dishwasher?
☐ Yes ☐ No

6. Do you have a clothes dryer?
☐ Yes ☐ No

7. What color is your hair?
☐ Blonde ☐ Silver
☐ Brunette ☐ Black
☐ Redhead

8. What is your skin type?
☐ Dry ☐ Oily
☐ Normal

9. What is your hair type?
☐ Dry ☐ Oily
☐ Normal

10. Do you own a pet?
☐ Dog ☐ Other
☐ Cat ☐ None
☐ Dog & Cat

11. To help us plan future S.A.V.E. kits please check those products you use more than once a month.

		Brand used most often (please print)
Liquid Cleaner	☐	
Laundry Detergent	☐	
Fabric Softener	☐	
Window Cleaner	☐	
Dishwashing Liquid	☐	
Bar Soap	☐	
Deodorant	☐	
Shampoo	☐	
Dandruff Shampoo	☐	
Toothpaste	☐	
Mouthwash	☐	
Hair Conditioner	☐	
Hand Lotion or Cream	☐	
Razor	☐	
Bath Additive	☐	
Pain Reliever	☐	
Cold Remedy	☐	
Breakfast Cereal (Cold)	☐	
Salad Dressing	☐	
Plastic Sandwich/Food Bags	☐	
Dry Soup Mix	☐	

(Detach and mail Quiz today!)

Mail this entire quiz today! $1 Introductory Offer.

I have enclosed my dollar. Please accept my enrollment and send my $10.00 Introductory Kit of actual grocery products—plus my $5 Surprise Gift FREE—plus S.A.V.E. Buying Guide® and Cents-Off Coupons. I understand that I will receive future kits worth at least $14.00 about every two months for only $6.98 plus shipping and handling. I may return any kits I don't want. I may also cancel my membership at any time after examining my Introductory Kit.

S.A.V.E. Sixty-Five East SouthWater Chicago, IL 60601

J441

Name _____
PLEASE PRINT FIRST NAME LAST NAME

Address _____ Apt. _____

City _____

State _____ Zip _____

Do you have a telephone? ☐ Yes ☐ No

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All enrollments subject to acceptance by S.A.V.E. Offer good in U.S.A. only.
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CHERYL TIEGS

Cheryl Tiegs steps in front of the camera. A hard rock beat jumps by decibels and she begins to dance. Working to the flash of the strobe light, she tosses her head back, flings it forward and pouts seductively. An electric fan billows her hair. With each click of the camera, she takes three kicking steps to the right, then to the left. Finally, the strobe dies.

As Tiegs feigns weakening in the knees, the photographer straightens up and laughs a hearty laugh. "What's your name again, honey?" he teases. "You're going to be a star someday."

The next time I see Cheryl Tiegs we are in her Manhattan apartment. Despite a head cold, she manages to appear glowing with health. In less than an hour she must wrap her 5 foot 10 inch, 123-pound frame into one of her size six Calvin Kleins or Oscar de la Rentas to ready herself for a press conference at the Pierre Hotel. There, between sniffles, she will announce the signing of a Cover Girl contract, a business deal reportedly worth close to two million dollars—the highest modeling fee ever negotiated.

At 32, Tiegs is a rarity in the world of modeling. Not only is she a millionaire, but her career has lasted far beyond the quarter-century mark that is the end for most models. Apart from the Cover Girl contract, there are others with Clairol and Olympus Camera. There is also the five-year deal with ABC television; an upcoming series of Cheryl Tiegs beauty cards based on the recipe card concept, for Xerox Corporation, and a hefty advance from Simon and Schuster for an autobiographical beauty book, scheduled for publication later this year.

The rewards of Tiegs's success are not inconsiderable: a Bel Air estate, still shared with her estranged husband, adman-turned-director, Stan Dragoti; a Manhattan apartment; a Long Island getaway; a Mercedes Benz in California and a second, rented Mercedes in New York.



At 32, she's the most sought-after model of our time. Here, her own story of how she got to the top . . . and stayed there. By Kathy Jonah



Cheryl (left), age seven, with sister Bernette, 11, wearing twin dresses.

The patina of success that surrounds her working life, however, has not left her personal life untouched.

Last spring, Cheryl was separated from her husband, Stan Dragoti. Shortly thereafter, gossip columnists began reporting on her new relationship with wildlife photographer Peter Beard, who co-starred with Tiegs in the ABC television documentary, *Africa: The End of the Game*.

"I'm not talking about Stan and Peter anymore," she announces. "The press have turned my words around. And it hurts. The best I can do is keep Stan posted on what's true and what isn't."

Given the gossipy jabs her presence inspires, her composure is admirable. She is well-mannered with clients, soft-spoken, even noticeably unassertive. In fact, her non-aggressive demeanor in professional encounters has at times been interpreted as aloofness.

"I have to deal with hundreds of people a day," explains Tiegs, "and so much public contact is an emotional drain."

Tiegs's antidote to the kind of stress she describes is sleep. "The other night, after appearing on the *Merv Griffin Show*," she says, "I came home and fell asleep. I build up so much tension from having to think before I speak, trying to answer questions intelligently and clearly. A year ago, after appearing on the *Tonight Show*, I pulled my car to the side of the road and took a nap—exhausted from the mental strain.

"The more public I become, the more private I tend to be. I stay home as much as possible and try to cling to the quiet life. I have to be detached. Lately, if anything, I've *(continued on page 108)*

new VANTAGE ULTRA LIGHTS

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ra taste. Never-before. k smooth, truly satisfy- g taste—in an ultra low r cigarette! (And we do mean ultra w. At only 6 mg of tar, lower than 90% of all e cigarettes that eople buy.)

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Your Family's Health

More good news for women who suffer menstrual cramps. Estrogen users are warned of the cancer risk. How much calcium do children need? And more . . .

By David R. Zimmerman

UPDATE: CURE FOR MENSTRUAL CRAMPS. In October we reported on a clinical experiment in which an arthritis drug was shown to be a remedy for menstrual pain. Now we have more news: The Food and Drug Administration has approved the drug, ibuprofen (*Motrin*, Upjohn), for the relief of mild to moderate pain, including dysmenorrhea. Other arthritis prescription medications also block the production of prostaglandins, a group of body chemicals that were found to cause cramps. But so far the FDA says that only ibuprofen has been cleared to be prescribed by doctors for the treatment of menstrual pain.

ESTROGEN AND CANCER RISK. More than a million women take estrogen supplements to relieve hot flashes and other menopausal miseries. Yet there is wide scientific agreement that this increases their chances of getting cancer of the endometrium, or uterine lining. Recently, University of Washington epidemiologists tried to determine how great the risk is by comparing the estrogen usage of a group of Seattle women who suffer from endometrial cancer with a group of women who did not develop the disease.

The results of the study show that women who take the supplements for about a year are no more prone to cancer than non-users. But the longer estrogen is taken, the more dangerous it becomes, so that after ten or 15 years a woman's cancer risk is 20 times greater than it would be if she did not use the supplements.

One low dosage form, conjugated estrogens given in amounts of under 0.625 mg. a day, is not as perilous as other, larger doses. But a three-week-on, one-week-off regimen, designed to reduce the cancer risk by mimicking the hormonal pattern of a woman's menstrual cycle, appears to be no safer and, in fact, may be more dangerous than other schedules.

Gynecologists have never been certain why estrogen helps to alleviate menopausal symptoms. They are now seeking less hazardous ways to cool hot flashes, which can raise fingertip temperatures by 6° F. within minutes. The hormone progesterone, which suppresses activity in endocrine centers of the brain where hot flashes may be triggered, is now being tested by Howard L. Judd, M.D. of the University of California at Los Angeles.

WARMING COLD HANDS. Sufferers of Raynaud's phenomenon complain of painfully cold fingers year-round. The reason: Small arteries tighten up, and block the blood flow to the hands, sometimes even the feet. This condition, for which there is no entirely effective treatment, may be emotional in origin, or reflect underlying disease or have no discernible cause at all. Now, a Texas doctor, internist Rick Waldo, M.D., says he successfully treated a Raynaud victim by giving her small, oral doses of a new antihypertensive drug, prazosin hydrochloride, which appears to have the unique ability to relax constricted arteries, allowing warming blood to flow through them. Is this definitely a cure? No, says Dr. Waldo, but definitely "worth a try."

CORRECTING "BULGING EYEBALLS." Film actress Bette Davis capitalized on her startled looking eyes. But most people with bulging eyeballs—the majority of whom are women—are self-conscious about the defect, called exophthalmos, which is usually the result of thyroid disease. The illness shortens the upper and lower eyelids so that the whites of the eyes are abnormally exposed. It can be painful to the victim as well as unsightly because the unlidded eye surfaces dry out and are vulnerable to dust and scratches by bed clothes at night. Until now, operations attempting to correct exophthalmos have not been entirely successful.

A new method to restore the eyes' normal appearance has been developed in Philadelphia by Hahnemann Medical College eye chief David B. Soll, M.D. He uses patches of donor tissue to lengthen the tiny muscles that control the eyelids. This allows the upper lid to fall further down and the lower lid to rise higher up so that they can again meet in a blink of the eye.

"The appearance of all the patients I have operated on has been significantly improved," says Dr. Soll. In most cases the correction has remained stable for five years or more. The procedure, which costs $1,500 to $2,000, is being offered by ocular plastic surgeons across the country.

EXPENSIVE EMERGENCY ROOMS. Charges for emergency room care are rising faster than doctors' office fees. One family we know was told, for example, that it would cost $25 in the ER to take out two stitches from a child's chin—a 30-second task. Today the average ER bill is $48, triple the cost of a typical follow-up visit to a private doctor, according to *Medical Economics*, a magazine for doctors. Families might therefore think twice before using the ER for non-emergency health care services.

PRETEENS NEED CALCIUM. Parents usually stop urging their children to drink lots of milk just at the age when they need it most—at ten or 11 years old. Preteens may need two to four times as much calcium as adults because their bones are growing at a rapid rate, according to a recent high-level federal review panel on vitamins and minerals. They therefore recommend that preteens get from 1,000 to 1,500 mg. of calcium daily. An 8-ounce glass of milk contains 291 mg. of calcium. **End**

toothpastes are not alike. No. 7 in a series.

There's an acid factory in ıer mouth trying to destroy ıer teeth.

Is your toothpaste doing ıything about it?



Colgate is.

ɔm her very first brushing h Colgate, MFP fluoride rts to penetrate tooth ıamel, helping her teeth ist mouth acids. These ds—produced by bacteria ıre the main cause of ɣities. But Colgate® with ꟻP® fluoride strengthens ɔth enamel against acid ack...against cavities.

MFP fluoride works...

ıd as she continues ıshing with Colgate, its ꟻP fluoride gets in and stays in to fight cavities between brushings. The fluoride actually joins the enamel, adding strength to resist acid attack.

...and works.

As long as Colgate is used regularly, you can't rinse, eat, or wash away MFP fluoride protection. Awake or asleep, Colgate helps protect her teeth.

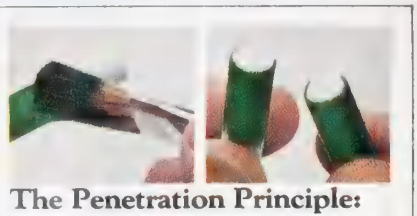
Take nothing for granted.

Toothpastes without fluoride simply won't do.

Even with fluoride in the local water supply, dentists recommend fluoride toothpaste for children, along with regular dental checkups, limiting sweet snacks and, of course, thorough brushing after every meal.

The clean in your mouth is Colgate.

Colgate is a family toothpaste with a fresh, clean taste rated #1 among fluoride toothpastes by parents throughout America. And Colgate fights acid attack.



The Penetration Principle:
Painting a piece of chalk with colored liquid illustrates how, with regular brushing, Colgate's fluoride penetrates the surface of tooth enamel to strengthen it against decay.

Colgate helps stop cavities before they start.



"Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association. ©1979, Colgate-Palmolive Company.

You and Your Money

Start the new year by organizing your financial records properly; when is the best time (tax-wise) to sell a home; how to get out-of-town jobs, and more.

By Sylvia Porter

My husband is a compulsive saver of receipts, canceled checks, all sorts of papers. I think we must have in our attic papers going back to the time we were married 15 years ago. What records should we keep? What can we safely discard?

1. Dispose of all your weekly and monthly salary statements after you have checked them against your annual W-2 wage forms.
2. Use a canceled check that relates to an entry in your return as your record. Your canceled check to your physician is usually adequate evidence that you have paid for a specific medical service. *CAUTION:* Don't throw out bills from the drugstore. The IRS may request proof of deductible drugs vs. nondeductible items such as cosmetics.
3. As a rule of thumb, dispose of your personal tax records after six years. Federal tax statutes make your tax return vulnerable to challenge up to three years in normal circumstances. The six-year period is the time-frame for checking returns on which income has been understated by more than 25 percent.
4. If you income-average, discard returns over five years old. The IRS usually retains personal records for six years and can supply copies at moderate cost.
5. After you have recorded the year's total dividend payments (if any), discard papers on receipt of the annual dividend tally supplied by the company. Be sure, though, to retain a record of capital-gain distribution dividends because they must be reported for tax purposes when the shares are sold.
6. Discard checks paid for maintenance costs on your house. The only real reason to keep records on such costs as papering and painting is if you plan to sell your house soon. But keep permanent improvement records that add to the value of your property, such as the addition of central air-conditioning.
7. Periodically check your warranties and guarantees, and if they are out of date, discard them. Throw out health-maintenance certificates that have expired.
8. Now create a family filing system. A filing box containing manila folders and costing only a few dollars, plus a small safe deposit box also available at little cost (tax deductible, too), will provide all the file storage space your home will need.

Mom and Dad want to sell the house in which we grew up and move to a rental apartment. They could sell our house at a profit of more than $100,000. Dad is 54, as is Mom. Any advice?

Plead with them to wait until your Dad reaches the age of 55. Under the 1978 tax law, if he waits until he reaches the age of 55—even though he may have to forfeit some of his gain in a weaker housing market—his entire profit will be TAX FREE.

Do you expect the cost of living to keep going up and up during the new decade?

Yes. The cost of living will continue to go up. That's no more than "normal" in our dynamic society. The most we can anticipate is a slowing in the pace of rise from the double-digit levels of 1979 back to the upper and then the lower single-digits.

My husband recently lost his job and we have decided to move to another, more congenial city. Can you tell us anything about how to go about this sort of job hunt?

Use an employment agency that specializes in serving your field. Give the agency the most complete, most favorable—but short and honest—résumé you can prepare of your qualifications, background and objectives. Tell the agency's representative who interviews you that you want to relocate. Don't be too restrictive or too demanding, not in a labor market such as exists today. Employment agencies exchange information on jobs available as well as possible candidates and your agency can save you both travel costs and valuable time. *Do not* go to the agency just to inquire about a job in the city you think you would like. Have a "career plan" firmly outlined in your mind so that you can tell your chosen employment agency precisely what you hope for.

I've read warnings about charities that use most of our contributions for their own "expenses," and give little of the funds to the individuals or institutions they are supposed to be helping. How can I find out which charitable organizations are meeting the proper standards?

The Council of Better Business Bureaus has created its own standards for contributions. You can use the CBBB's guides and demand the same information for yourself. You'll be surprised how your list of deserving charities will dwindle! To meet the CBBB's standards, organizations that solicit your funds MUST: disclose current activities, actual accomplishments, voting trusteeships and finances; operate in accordance with Federal, state and local laws and regulations; have an active, responsible management and governing body; limit paid staff members to a minority in decisions by the voting trusteeship; disclose the decision-making structure. In the financial sphere, provide upon request an annual, external audit conducted in accordance with generally accepted standards of accounting.

They can pay no commission or percentages for fund-raising, and must inform recipients of unordered items that they are under no obligation to pay for or to return the items. Set adequate controls—over canisters, telethons and all other special fund-raising events. Never distribute materials that are in any way misleading or deceptive in whole or in part. Insure that photographs, films and illustrations of programs, services or recipients of aid are accurate and typical representations of their work. **End**

"I couldn't believe o.b. would let me give up napkins."

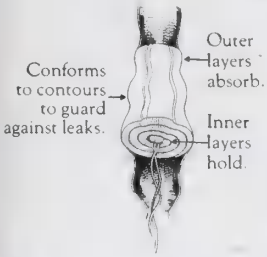


"I've always worn a napkin with my tampon. I tried o.b. on some heavy days, and was surprised to find I could have worn it alone and been really safe. Now, it's o.b., and no more napkins!"

Guards against stains. o.b.® was designed by a woman gynecologist to give you layers of absorbency and protection. These layers grow fuller, taking your shape and closely conforming to the vaginal canal. You get really effective bypass protection, which means less chance of fluid leaking by to cause stains. In fact, with o.b. most women never need a napkin.



Conforms to guard against stains.



Easy, natural insertion. The woman gynecologist who designed o.b. understood that the vagina is a series of delicate curves. She made o.b. so it could be inserted naturally with your flexible finger. Because your finger curves as you do, it locates o.b. where it will protect best. You can also place o.b. where it will feel totally comfortable.



Vaginas curve, inserters don't.

A size for you. o.b. is designed in three sizes because one woman's flow may be two to three times that of another. If your flow is about average, begin with o.b. Regular. Super is for heavier flow. And for more protection than most women need, there's o.b. Super Plus. There is an o.b. size ideal for you.

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Ann Landers

AMERICA'S CONFIDANTE







For 25 years, Ann Landers has been helping people solve their problems. Now, in a revealing interview, she tells how she has solved her own—including a divorce after 36 years of marriage. *By Cliff Jahr*

To the 70 million of us who revel in her daily newspaper column, she is good old Ann Landers, dispenser of common sense. Ann Landers in real life, however, is Mrs. Eppie Lederer, a chic grandma and rich urban divorcée. A onetime Wisconsin housewife, she virtually fell into the newspaper job 25 years ago and built it into the widest-read column in the world. She also turned glamorous in the process.

Sweeping into the pastel drawing room of her lavish 15-room apartment high above Chicago's Lake Shore Drive, she looks stunning in a caftan of chiffon and brocade. One recognizes the flip hairdo and the crooked applecheek smile from her byline picture. But more surprising than the room lined with Picasso etchings is her youthfulness. At 62 she looks as though she is in her mid-40's.

"I'm late, I owe you nine minutes. Hel-l-lo there," she half-sings, as she plumps onto a sofa. How does she keep looking so good? "By exercising thirty minutes each morning," she drawls, "—and hating it. I love rich food so I make myself exercise no matter what. And five days a week, I walk the mile and a half to my office and back. Also I don't drink, smoke or get mixed up with bores."

Eppie Lederer ("Only strangers call me Ann Landers") is syndicated in 1,000 newspapers from her home base in the Chicago *Sun-Times* building. Her low-key office has unmarked doors and eight secretaries sorting mail—"not *screening* it though," she corrects. "I see most everything." She and I will be on the run together the next few days. Whether riding in her limousine or walking briskly up Michigan Avenue, she carries a Gucci bag fat with letters from readers, which she digs into to answer at every opportunity.

Lederer receives over 300,000 letters a year concerning every imaginable problem and from every kind of person including senators and cabinet members. "They're human beings, too," she says. "High officials have the same problems as Jane or Joe Doe. They'll say: 'I'm writing this letter by hand because I don't want to give it to a secretary. Now, Eppie, what should I do?' "

She's rarely stumped for answers because, after 25 years on the job, she finds that people's problems haven't changed all that much. "What is interesting today," says Eppie, "is that so many people are preoccupied with making their children happy. When I was growing up, it was the other way around. But the biggest social problem is still man and woman—going *(continued on page 47)*



Mirror images of each other when young, these identical twins grew up to be Ann Landers (right) and "Dear Abby" (left).

ou'll get that
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Vhat's more,
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ecause Dial gives
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o, feel clean,
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Aren't you glad!



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Marlboro Lights



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Menthol: 12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report May '78.
100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Ann Landers

continued

gether, living together, sleeping to-ther. The second biggest is parenting oblems." Her mind clicks over to agine a sea of parent/child letters om which she plucks a sample. "You ow: 'He's driving me nuts; I'm sorry I d this kid. Tell me what to do before till him.' " Then the children get older: I'm 42, both my teen-agers are spaced t on drugs. I say, "Have you been oking pot?" They say I'm old-fash-ned. I can't talk to my husband. He esn't want to hear about it.'

"I also hear from a great many par-ts who learn their kids are gay. I tell em: 'This isn't the end of the world. ys enjoy their lives and most wouldn't anything else. The child's not going change. You've got to change your nking about it and there are awfully od organizations to help parents do at.' Others ask me if I think gays ould be permitted to teach school. u're darn right. Some of the best hoolteachers I know are gay."

Nowadays many of the column's let-s are about sex problems and often m young people. ("It used to be 17, w it's 14.") It's not surprising then t she's getting far fewer letters ask-; "Should I go all the way?" Notes pie: "Twenty years ago going all the y was quite something. You know: e put his hand on my knee—I almost nted.' Well, they're not fainting from ds on knees anymore."

Identical twins

It's one of the tiny ironies of our time t the advice-to-the-lovelorn business America is sewed up by arch-rival, ntical twin sisters. Abigail Van Bu-n (Dear Abby) is Eppie's twin and nger by 17 minutes. Named Esther uline and Pauline Esther Friedman, ppie" and "Popo" were born on July 1917, in Sioux City, Iowa.

Their father owned a chain of 20 aters around Iowa and they were ed in solid comfort along with two er sisters. Horse sense seemed to run the family. "People often came to my ents for advice," remembers Eppie. other always had somebody saying her, 'Becky, I don't know what do.' Be a *mensh*, she'd say. Be a real son. Integrity was ground into us."

While Eppie was more practical and o more artistic, they were so ab-bed in each other it was as if they re joined at the hip: never apart, ssed alike and, in fact, carried be-en them a single purse. "One lip-k, one comb, one set of keys," says pie. "It was a scream." The twins' ible-wedding ceremony came just ore their 21st birthday, and their first parting finally came while on their double honeymoon.

Eppie dropped out of college in her senior year to marry Jules Lederer, a department store millinery buyer who was $300 in debt. They moved to Eau Claire, Wisconsin, where Eppie, that first year, bore her only child, Margo. (Now 40, Margo is a twice-divorced mother of three and is happily married to television actor Ken Howard.)

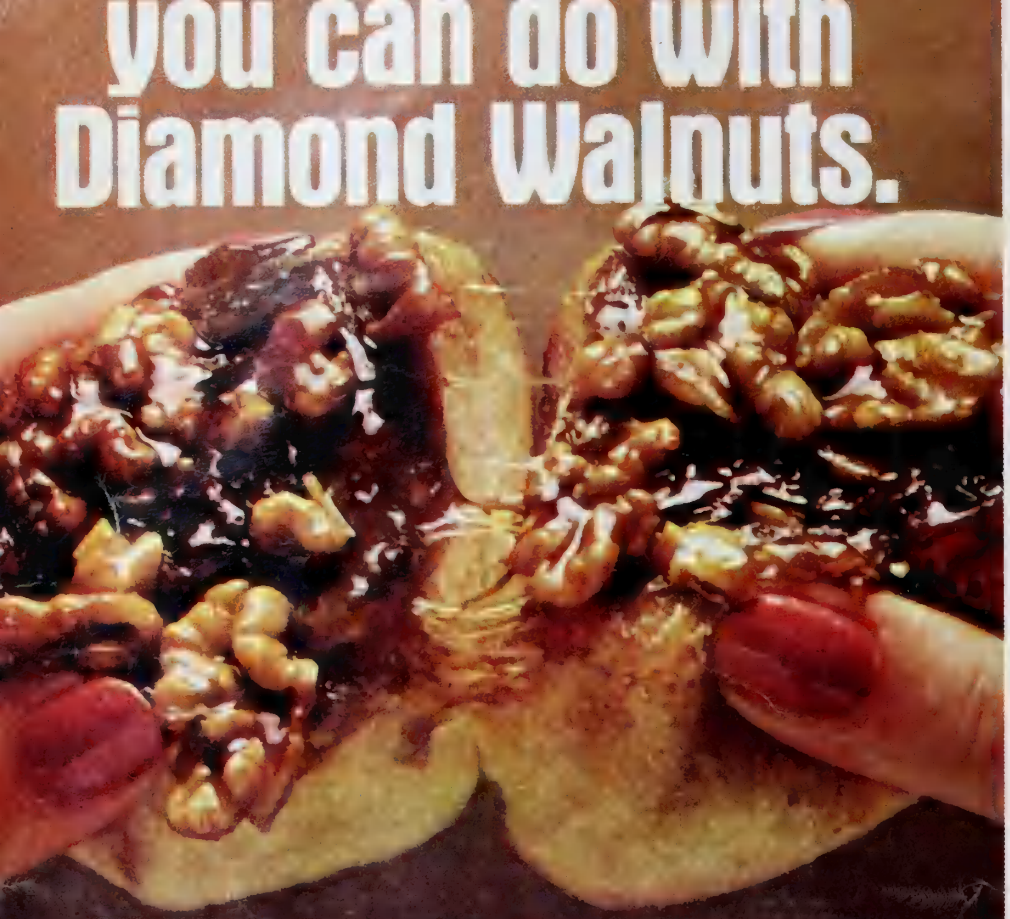
For a while, Eppie became a big-shot volunteer in Wisconsin's Democratic party politics. But in 1954, when her husband assumed the presidency of a ballpoint pen company in Chicago, she began looking around for other volunteer work. "Popo and I had been instilled with a sense of service: Do something for somebody else. I never thought I'd have a career."

What caught her eye was a newspaper column called "Ask Ann Landers." "I noticed it didn't have much humor, and the author never quoted authorities. I love to write letters and I thought maybe I could become an assistant to her. I phoned an executive friend at the paper and he said, 'Fascinating you should ask. She died last week.' "

Though Eppie had no experience whatever, she was invited to audition against 28 professionals for the job. Each was to answer an identical set of reader letters. Her test column had a clear edge over the competition. Where expert opinions were needed, she drew on high-level contacts from her *(continued)*



Oh the lovely nutty things you can do with Diamond Walnuts.



Crunchy Diamond Walnuts, sticky syrup and a fragrant yeast dough give these old favorites a delicious new twist.

Walnut Sticky Buns

1 env. active dry yeast
2 Tbsp. warm water
¼ cup boiling hot milk
½ cup granulated sugar
3 Tbsp. shortening
½ tsp. salt
1 large egg
2 cups sifted all-purpose flour
1 tsp. grated lemon peel
¼ tsp. ground ginger

Walnut Pan Coat
1 Tbsp. melted butter
½ cup chopped Diamond Walnuts
¼ tsp. cinnamon

Sprinkle yeast over warm water; let stand 5 min. to soften. Meanwhile, stir hot milk, ¼ cup sugar, shortening and salt together. When lukewarm, add egg, 1½ cups flour, lemon peel, ginger and yeast. Beat on mixer at medium speed 2 min. Stir in remaining ¼ cup flour to make moderately soft dough. Knead a few seconds to smooth out and round up dough. Cover; let rise in warm place until doubled, 1 to 1½ hours. Prepare Walnut Pan Coat. When dough has risen, turn out onto floured board; roll out to an 8 x 12-in. rectangle. Spread with butter; sprinkle with ½ cup walnuts and remaining ¼ cup sugar mixed with cinnamon. Roll tightly, starting from long side of dough. Cut in 1-in. slices. Arrange cut-side down in prepared pan, placing 3 rolls in center, 9 around edges. Let rise until doubled, 40 to 50 min. Bake 375° F. about 25 min., until browned and baked through. Loosen edges; invert over plate. Let pan rest on rolls 1 min. so syrup drains. Serve warm. Makes 12 rolls.

Walnut Pan Coat: Melt ¼ cup butter in small saucepan. Add ½ cup brown sugar, packed, 2 Tbsp. dark corn syrup and 1 Tbsp. water. Stir over moderate heat until mixture reaches simmering, and sugar dissolves. Turn into 9-in. layer cake pan; sprinkle with ½ cup large pieces Diamond Walnuts.



Ann Landers

continued

gadfly days in Wisconsin politics. the letters had a legal problem, how high can you go, the Supr Court? So I called Justice Willian Douglas, who was a friend of mine got his opinion. 'And Bill, can I use name? Fin-n-e.' A question about ar ling a Catholic marriage? I called Fa Hesburgh, president of Notre D University. 'Ted, can I use your na Fin-n-e.' "

Eppie's name-dropping in the le and obvious flair for the job wo hands-down. Ann Landers' column came so popular, its syndication from 26 to more than 300 papers ir a year. "It caught on like wildfire," says. "I had no competition. There nobody else around—I mean *noboc*

Not for long, however. Shortly Eppie got started, her twin sister pa visit to Chicago. Without telling Ep Popo soon launched her own colum the *San Francisco Chronicle*, which took off like wildfire.

Hot rivalry

This led to a sisterly quarrel, ther rivalry, which started talk of a b feud between the twins. "It was no that bitter," explains Eppie. "There a problem at first—she didn't tell me I was quite surprised and disappoint but I soon forgot about it. There plenty of papers for both of us and does a very good job. We're very c She comes and stays with me. She extremely warm, loving, funny, da woman. Yet today people still ask I don't speak to my sister!"

While Ann Landers and Dear A were prospering, Jules Lederer equally successful. He borrowed $5 and started a business—Budget Ren Car—which he sold for ten million lars in 1975. After 36 years of marr Eppie and Jules seemed a happy ple. He was "very affectionate. He love notes on my pillow and love n under my breakfast cup. Yes, a wor ful love life. An adorable husband."

Then one evening at dinner, Jules news that was hard to break. "He 'I have something to tell you . . . seeing another woman.' " Eppie l out the window, her eyes detached pain all worked out now. "I said, that's quite a bomb to drop betweer soup and salad. How serious is it?' explained that he was very fond of girl. I said. 'Well, if that's the way then this is the end of our marriag

She was that calm? No tears? screams? "Absolutely none," she co ues. "I'm not a screamer. He was c ing to have an 'arrangement,' I guess I decided if he could live *(contin*



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Ann Landers
continued

with that kind of duplicity, it was finished for me. A lot of women accept arrangements because they want to save face, to hang on, to win. I wouldn't. He had some psychological problem I can't quite figure out. Jules lost his way, I think, maybe because he sold his business and needed some new excitement. I was shocked. I had absolutely no idea. We owned a house in London where he had recently spent quite a lot of time and that's where he . . ." She makes a little brave smile. "She's an English nurse he'd met in a doctor's office. He'd had an infected mosquito bite. She was twenty-eight. He was fifty-six."

The Lederers agreed to keep divorce plans secret for several weeks so as not to affect an important business deal he was concluding. Then Ann Landers went public in her July 1, 1975, column, admitting, "The lady with all the answers does not know the answer to this one." It closed with four inches of blank space "as a memorial to one of the world's best marriages that didn't make it to the finish line."

"Divorce was the major tragedy of my life," notes Eppie, "but it didn't knock me out. The night he told me about the girl, Jules also said, 'Y'know, this could ruin your career but you're unsinkable, you'll make it, baby, because you're that kind of dame.' You see, this man had never even bought a suit without me. Twice a year we'd go shopping together and outfit him for the spring or fall. So when he was finally leaving, I went out and bought him three dozen pair of black socks, three dozen brown, three dozen white boxer shorts. I gave him a telephone list: t doctor, the optician, and so on. I h my chauffeur and housekeeper go to l new apartment and stock up the freez with staples, because here was a m who totally depended on me for su things for thirty-six years."

She felt no rancor? "It's not in m Hate, jealousy, envy eat you up. They exhausting, corrosive. They make y look old. God bless the man. I still ha warm feelings about him. After the vorce he would come over to talk abo our business affairs. But . . . not ev a kiss or a touch of the hand, no-r It's just very civilized."

Has she met the new wife? "N says Eppie, "and I don't want to. Ha pily, I hear she's a very charming you woman, very refined, very soft-spoke which pleases me. I would have be heartbroken if he had been . . . uh, tak in by someone cheap or someone w



vas trying to get a rich American. I ope they have a good life. He wishes he same for me I'm sure. One of the ast things he said as we parted was, You know, I'll never get over you . . .' "

Did America's #1 personal problem-olver find a lesson in it? "Yes," she says, rightening, "never say never. Never ay it can't happen to me. Six out of ten eople who get married this year will be ivorced by 1990. I get so many letters hese days about divorce, particularly bout the logistical problems it creates, ke, 'I'm getting married. My husband's nother has been married four times, my wn father twice, my mother three mes. Who are we going to invite to is wedding? All the exes would make mob scene.' "

Could living together be any kind of nswer to the soaring divorce rate? Liv-g together has increased 117 percent the last nine years.

"There's no evidence it's helped," she says, shaking her head. "Living together isn't marriage, because the commitment isn't there. It's not working out, particularly for women. When you're living with a guy and suddenly he moves out, it leaves you stigmatized among your friends and family. Despite the bravado you present, some dignity is lost."

Would it be more dignified then to hang on to the man with a marriage license? "It depends on the woman. They write: 'My husband is a marvelous father, but he cheats on me. Should I get a divorce?' I always say look at your life situation and do what is best for you. Would your life be better off without him? Sometimes it's better for a woman with small children who adore their father to wait and hope he'll outgrow the running around. Then these women's best friends often write me: 'Should I tell her her husband is playing around?' I say keep your mouth shut. Your friend may know all about it. Pretending she doesn't know is her way of dealing with it, so she can hold her head up, maintain her dignity."

How about palimony? Does she believe in it? "I don't know. The Marvin decision surprised me because I feel she shouldn't have received anything. The judge gave her one hundred and four thousand dollars, I think, just so she could pay her lawyer."

Views have changed

She's changed her views on the whole question of sex outside of marriage. "Twenty-five years ago I would have said any woman who slept with a man she wasn't married to was a tramp. But it's a different world today, with different pressures. The pill, abortion, pornography films, even rock and roll

(continued on page 94)

Melt-in-your-mouth pies made with COOL WHIP® Topping and any flavor JELL-O® BRAND Gelatin. So light. So refreshing. So quick and easy.



1. Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.



2. Using wire whisk, blend in Cool Whip® non-dairy whipped topping; then whip until smooth.



3. Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 3 hours. Garnish, if desired.

Light 'n Fruity Pie
1 package (3 oz.) JELL-O® Brand Gelatin, any flavor
¾ cup boiling water
2 cups ice cubes
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
Fruit (optional)*
1 packaged graham cracker crust
*Suggested Fruits:
1 cup whole raspberries, blueberries, diced orange sections, strawberries, or banana
1 can (8¾ oz.) apricots, sliced peaches, or fruit cocktail, drained and diced
1 can (8¼ oz.) crushed pineapple, drained



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Psychiatrist's Notebook

Must you be in love to enjoy sex? Are you giving your child the right kind of attention? Why do some people put themselves down all the time? Plus more.

By Theodore Isaac Rubin, M.D.

Do you think that a man and a woman have to be in love in order to enjoy sex with each other? My boyfriend believes that love is a nice addition, but unnecessary when it comes to sex. I feel that sex without love is an empty experience, especially for women.

If there is a strong physical attraction between two people, and if they know how to stimulate each other in order to satisfy their individual needs, then a pleasurable sexual relationship is possible. They don't have to be in love at all. But love, conveyed through sex, can make the act a richer experience—for both a man and a woman. Love also helps to sustain sexual interest and enjoyment. However, poor technique—not knowing how to give each other pleasure—can spoil the experience even when two people love each other.

Almost every weekend my husband and I plan an activity that the entire family can participate in and enjoy—like camping, bicycling, going to a movie, or just washing the car. Although I'm all for family togetherness, lately I feel that my husband should spend some time alone with each of our three sons, especially our eight year old. He's the youngest and seems to need more attention than the others did at that age. But my husband says it isn't good to play favorites. Is he right?

Some children need more attention than others, and this has nothing to do with playing favorites. But I believe that *every* child in a family should be given the opportunity to experience each parent separately on occasion. An activity can be planned so that one child will receive a parent's undivided attention and affection for a few hours, or a day, without having to share that time with siblings. In this way, a parent and child can get to know each other better, as individuals. It's also important for the development of a youngster's self-esteem to feel that he or she is worthy and likable enough to receive such special treatment from a parent. Both of you should therefore spend time alone with each of your sons.

I find it very difficult to talk to our family physician. He just doesn't seem to like to answer questions—although he tells me *what* to do, he refuses to tell me *why*. If I insist on an explanation he becomes irritated and dismisses me abruptly. I don't think I worry excessively about my health, but he often makes me feel as if I'm a nuisance, or even a hypochondriac. I know I'm intelligent enough to understand a simple explanation of my condition and treatment. But am I entitled to one?

You certainly are entitled to an explanation and some understanding from your physician. I, for one, feel it is of vital importance for a doctor to be accessible to patients and to be as open and honest as possible. Some doctors, however, discourage communication because of arrogance and pomposity. And they could be hiding their own fears of appearing inadequate. Whatever the reason for your doctor's behavior, if you feel intimidated by him and afraid to ask questions, then it may well be time to seriously consider changing your doctor.

I have a girl friend who is always putting herself down, often for no reason at all. She's really a lovely, bright person but if you listen to her you'd think she was an unattractive dope. Even when someone gives her the smallest compliment she counters by making a disparaging remark about herself. Why does she act this way?

Your friend, and others who continually put themselves down, may do so for one of many reasons. It could be she's self-effacing because she sincerely feels inferior and therefore believes all compliments are undeserved. Her attitude might spring from a great, though unconscious vanity that causes her to set extremely high standards for herself against which she feels grossly inadequate. Or it could be she expects others to put her down so plays safe and does it first. There's also the possibility that your friend belittles herself in order to receive compliments. Don't you usually protest and give her the reassurance she wants and needs? Also manipulative is the put-down artist who takes a "poor little me" stance. She's actually asking people for special consideration and understanding. And, don't forget, there are people who suffer from such low self-esteem that they are terrified of compliments, believing they must then measure up to them or be disliked and rejected.

Finally, this sort of behavior can be a form of superstition. Your friend may believe that her false humility will somehow "placate the gods" and so protect her from any harm that may arise from thinking too well of herself or being too content with her life. If you think your friend isn't aware that she is always putting herself down, you could call it to her attention. This might make her look inside herself for the root of her problem.

My faith is very important to me and has helped me through many hard times in my life. But lately, I've been rather depressed and have been thinking about seeing a therapist to discuss my problems. Is it true that psychiatrists are, for the most part, against religion?

Not at all. Psychiatry and religion are not necessarily on opposite wavelengths. It depends on the individual therapist. There are a number of dedicated psychiatrists and psychologists who are also priests, ministers, rabbis and nuns. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in this column can be answered.

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Kings and 100's

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THE DIET DOCTOR'S SUPER-CHOICE DIET

The holiday festivities are over. The cookies and cakes and candies have all been put away. Now's the time to start the diet you promised yourself (and anyone who would listen) when you were nibbling those holiday treats.

What do you want from a diet? *Results!* You want to lose weight fast—and keep it off—in the healthiest way possible. The JOURNAL asked Dr. Peter G. Lindner, one of the country's top weight doctors, President of the American Society of Bariatric Physicians (the association of medical doctors specializing in weight control), and head of California's Lindner Clinic, for a diet that would not only help you lose weight quickly and safely but would also be varied enough to stay on for as long as you wanted to keep losing.

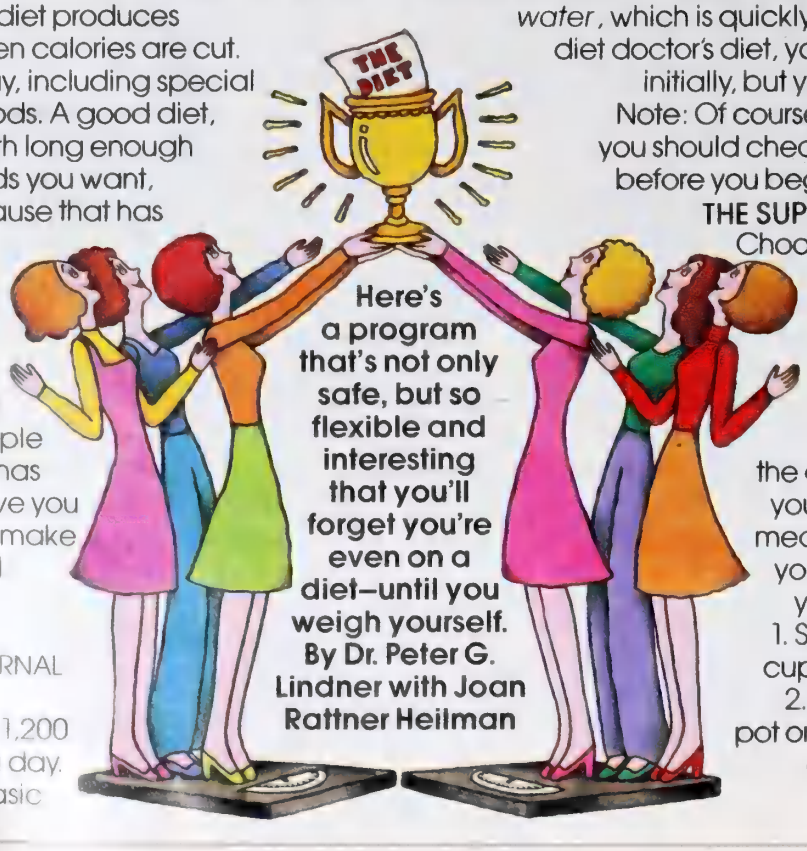
Dr. Lindner's flexible, no-gimmick diet—developed over many years of working with overweight patients—allows a normal healthy woman to lose up to five pounds in the first two weeks, and two pounds a week after that. Dr. Lindner feels that a diet produces weight loss *only* when calories are cut. There is *no* other way, including special combinations of foods. A good diet, one you can live with long enough to lose all the pounds you want, can't be rigid, because that has to get boring. It can't be strange or nutritionally unbalanced, because it won't be healthy and you can stay on it a couple of weeks at most. It has to be interesting, give you a lot of variety, and make you feel you've had plenty to eat.

The diet doctor's prescription for JOURNAL dieters provides an average of 1,000 to 1,200 satisfying calories a day. It gives you eight basic categories of foods, and tells you how much you must eat from each category every day. Simple as that. You may choose the foods you like best in each group, vary them to suit yourself. You have no ironbound requirements like fish or liver every week. You don't have to eat lamb on Tuesdays or hamburger on Saturdays, or to cut out meat almost completely.

The only thing you *must* do is to pay strict attention to portion sizes. If you do not lose weight on this diet, then there is one simple reason: you have ignored portion sizes and haven't been measuring accurately. You *must* lose on this well-balanced diet because it is deficient in calories, with the deficit supplied from your body fat. Once you've lost as much as you like, you can stay with it but just increase your calorie intake.

It should be added that you won't lose as much in the first two weeks as you might on a completely carbohydrate-deficient diet because, on that diet, the initial large loss is *water*, which is quickly replaced. On this diet doctor's diet, you'll lose less water initially, but you'll lose *more fat*.

Note: Of course, as with any diet, you should check with your doctor before you begin.



Here's a program that's not only safe, but so flexible and interesting that you'll forget you're even on a diet—until you weigh yourself. By Dr. Peter G. Lindner with Joan Rattner Heilman

THE SUPER-CHOICE DIET: Choose one food every day from each of the eight basic groups, eating the portion indicated. As long as you don't alter the amount specified, you may eat it at any meal, or split it among your meals, however you like.

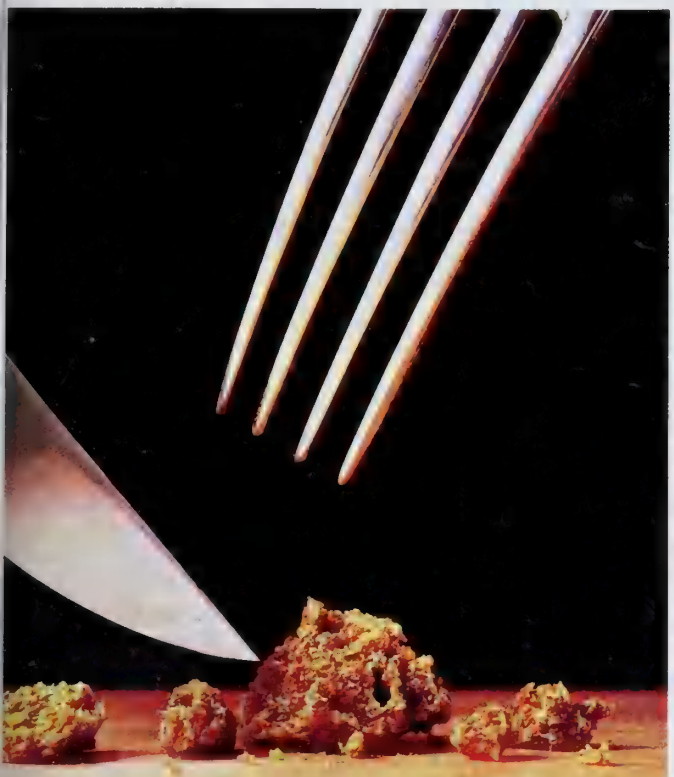
1. Skim milk. Drink two cups a day.

2. Cheese: cottage, pot or farmer's. Eat three ounces every day.

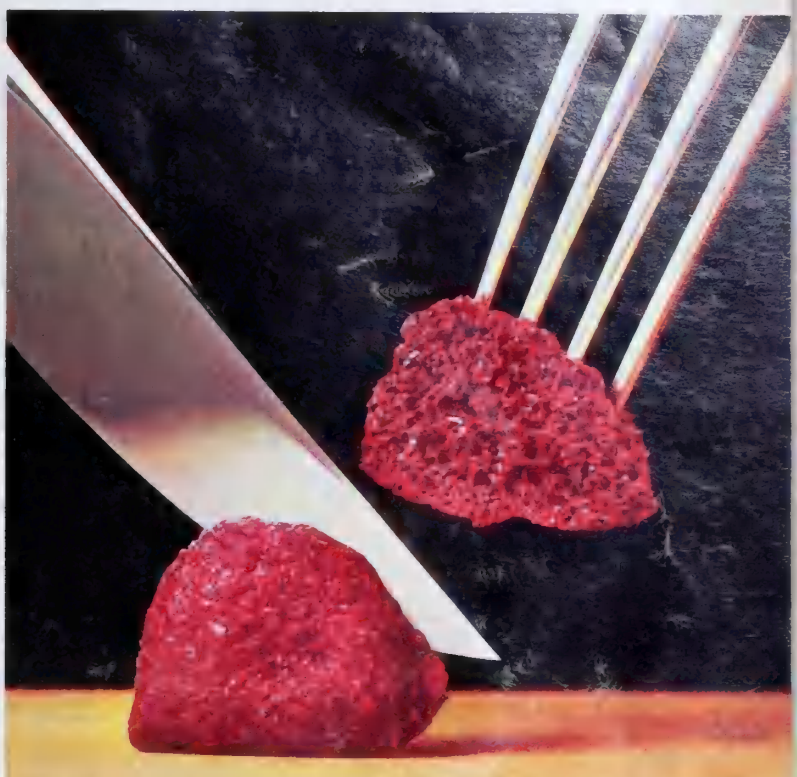
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Illustration by Lionel Kalish

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I lost 17 pounds in 4 weeks, and I wasn't bothe by hunger pains. For me, losing weight was m easier with the Dexatrim Diet Plan."*

Michele Dempsey Elkins

Michele Dempsey Elkins, Kansas City, Kar



Dexatrim...the time-release way to lose weight.

People from all over the country are writing to us about their results with the Dexatrim Diet Plan. Many tell us Dexatrim helped them lose the weight they couldn't lose alone.

Proven effective in seven years of clinical tests. Just one Dexatrim capsule can help curb your appetite during meals and in-between for up to 12 full hours.

And now, there's Extra Strength Dexatrim, with 50% more appetite suppressant...you can't buy a stronger capsule without a prescription.

So if you want to lose weight without going hungry, try Dexatrim... the time-release way to lose weight!

*Use as directed. *Amount and speed of weight loss varies with the individual*

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DIET DOCTOR'S DIET

continued

. Meat, fish, fowl. Eat six ounces a day. Try to choose over half your selections each week from the lean list.

. No-limit vegetables. All you want, ny time you want, but eat at least two ortions (preferably more) a day.

. Other vegetables. These are worth ne point per portion. Eat one portion er day. (Most fruits and vegetables are iven point values equaling 25 calories er point.)

. Vitamin C fruits. Eat one portion a ay, from any of the point groups.

. Other fruits. Eat two points worth of ese fruits a day.

. Bread, cereal, starchy vegetables. Eat ree portions a day.

Now, for variety, you may add *one* f the foods from the Bonus Group.

And, you may eat any of the Free oods in the customary amounts.

SUPER-CHOICE HINTS

1. Don't eat more *or* less than the ortions indicated for each food. If you at more, you won't lose weight as rapid- as you'd like. If you eat less, you may ot be eating healthily.

2. All portion sizes refer to the weight f the food after all visible fat has been emoved and after it has been cooked.

3. Choose from a variety of foods—on't eat the same things all the time. lo single food contains all essential utrients. And, when you are cutting own on your food intake, choices be- ome more important in order to get all ne necessary nutrients.

4. Drink a *minimum* of eight glasses f water (or other permitted fluids) a ay. This is important. By reducing your ood intake (food contains water), you ay not be getting enough fluid.

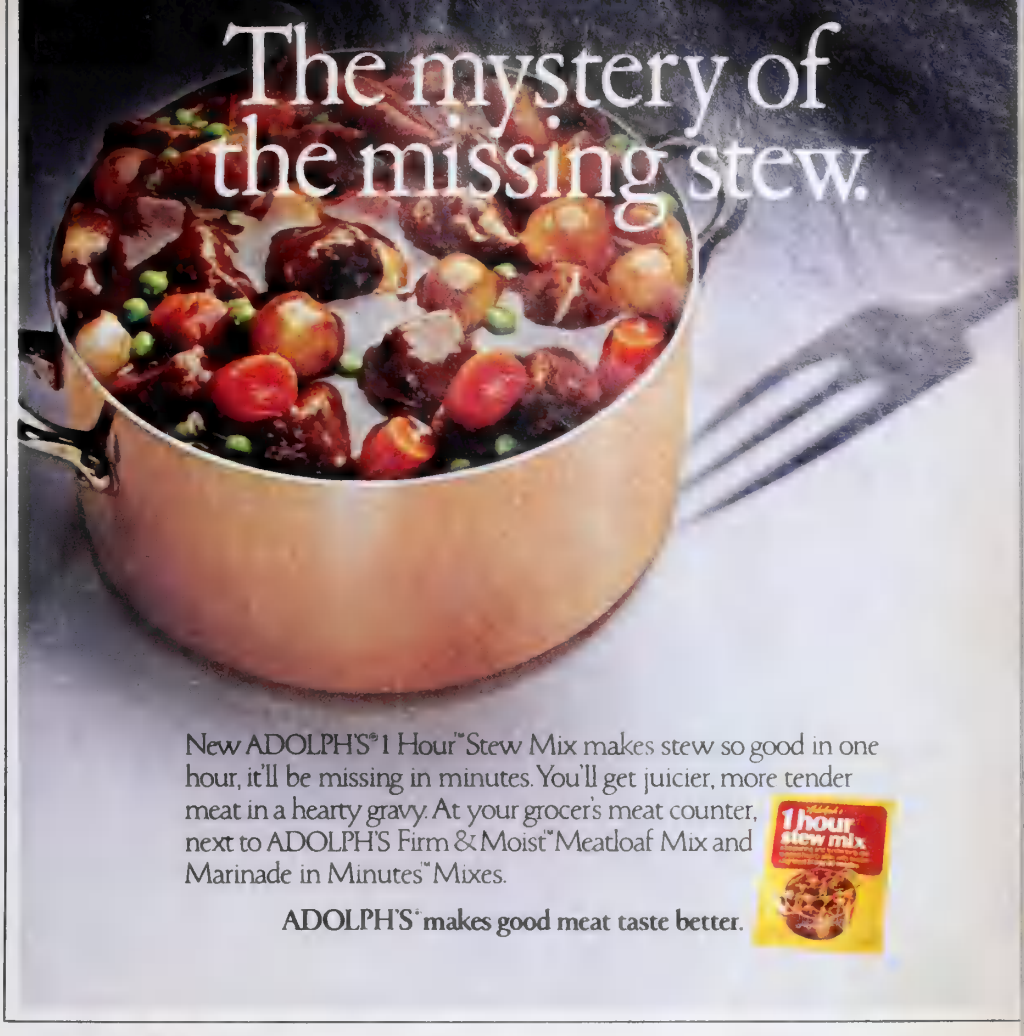
5. If you must fry food, use your but- er or margarine allotment from the Bo- us Group. Or use a fat-free pan and/ r no-stick spray.

6. This diet, or any other reducing egime, should not be used during a regnancy or while breastfeeding.

7. If a man wants to join you on the iet, he may modify it by adding two unces of meat, three points worth of egetables, four points of fruit and one ortion of bread, cereal or starchy vege- ables per day.

8. Obviously, if you are physically ctive you will lose weight more rapidly han if you are sedentary. Ask your octor about an exercise program.

9. You will lose more quickly early n the diet because you are losing a cer- ain amount of water weight. Then, round the fourth week, you'll hit a lateau when you don't seem to be nedding any pounds. That's due to a ormal increase in water weight. *Stay with it!* You're not losing water, you're losing *fat*. You'll soon see results on the scales.



Group 1: Skim Milk

Two cups a day. You may substitute buttermilk made from skim milk, or use ⅔ cup of dry skim milk in your cooking. Though skim milk is preferred, you may —if you must—drink low-fat milk instead. If you cannot tolerate milk at all, substitute the following: one gram of calcium supplement, a multivitamin with minerals tablet, plus two additional ounces of meat or fish to make up for the lost protein.

Group 2: Cheese

Three ounces a day. You may choose farmer's cheese, pot cheese, or cottage cheese (the low-calorie type is preferred, but not necessary). Or, substitute four ounces of lean fish or one egg (up to four times a week).

Group 3: Meat, Fish, Fowl

You may have six ounces (cooked, fat removed) per day. Try to choose over half your selections each week from the lean list.

LEAN LIST

clams
crabmeat
lobster
oysters
scallops
shrimp
abalone
cod
finnan haddie
flounder
haddock
turbot
halibut
ocean perch
pike
pollack
shad
tuna (fresh or waterpacked)
whitefish
chicken (no skin)
dried or chipped beef
heart
liver
veal (except breast)
turkey (no skin)

MODERATELY FAT LIST

Use only these lean cuts of beef, lamb or pork: leg, sirloin, loin, flank, round, rump, center shank chops, shoulder. Remove all visible fat. If you want ground meat, select the cut and have your butcher remove the fat before grinding. Ground meat should contain no more than 15 percent fat.

beef
lamb
pork
ham (center slices)
bass
mackerel
brook trout
sardines (drained)
tongue

Group 4: No-Limit Vegetables

Eat all you want, any time you want. But be sure to have at least two portions of these vegetables daily. One portion = ½ cup. Dressings must be accounted for separately (see Bonus Group).

beans (green, snap, wax)
cabbage
cauliflower
celery
chard
cucumber
endive
lettuce
mushrooms
parsley
peppers
pickles (dill)
pimientos
radishes
scallions
summer squash
watercress

(continued)

KOOL SUPER LIGHTS

Now smooth gets smoother and even lower in 'tar.'

A light menthol blend gives low 'tar' smokers the smooth taste they want. Never harsh tasting. Now you can make the smooth move to KOOL Super Lights.



At only 7 mg. 'tar,' it's lower than all these.



16 mg. 'tar' 18 mg. 'tar' 10 mg. 'tar' 8 mg. 'tar'

7 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

DIET DOCTOR'S DIET

(continued)

oup 5: Other Vegetables

t one portion (½ cup unless otherwise licated) per day. These are worth one int per portion.

paragus (6 spears)
et greens
ets
ccoli
ussels sprouts
rrots
ggplant
le
ung bean sprouts
mustard greens
okra
onion (1 small)
rutabaga
sauerkraut
spinach
turnip greens
turnips
winter squash (¼ cup)

oup 6: Vitamin C Fruits

t at least one portion (½ cup unless herwise noted) each day. Choose from y of the point groups. Eat fresh, or ozen or canned without sugar.

1 POINT VALUE

neydew melon
balls
nato
tomato juice
strawberries
lemon or lime juice

2 POINT VALUE

ntaloupe (½ medium)
nge juice
pineapple
pineapple juice
tangerine (1 large)

3 POINT VALUE

pefruit (½ medium)
mango (1)
orange (1)

oup 7: Other Fruits

t two points worth of these fruits (or extra two points from the vitamin C oup) each day. The fruit may be fresh canned if it's packed in water. Unless herwise noted, the amount should ual ½ cup.

1 POINT VALUE

nberries
rrants
termelon balls
plum (1)
raisins (1 Tb.)
rhubarb

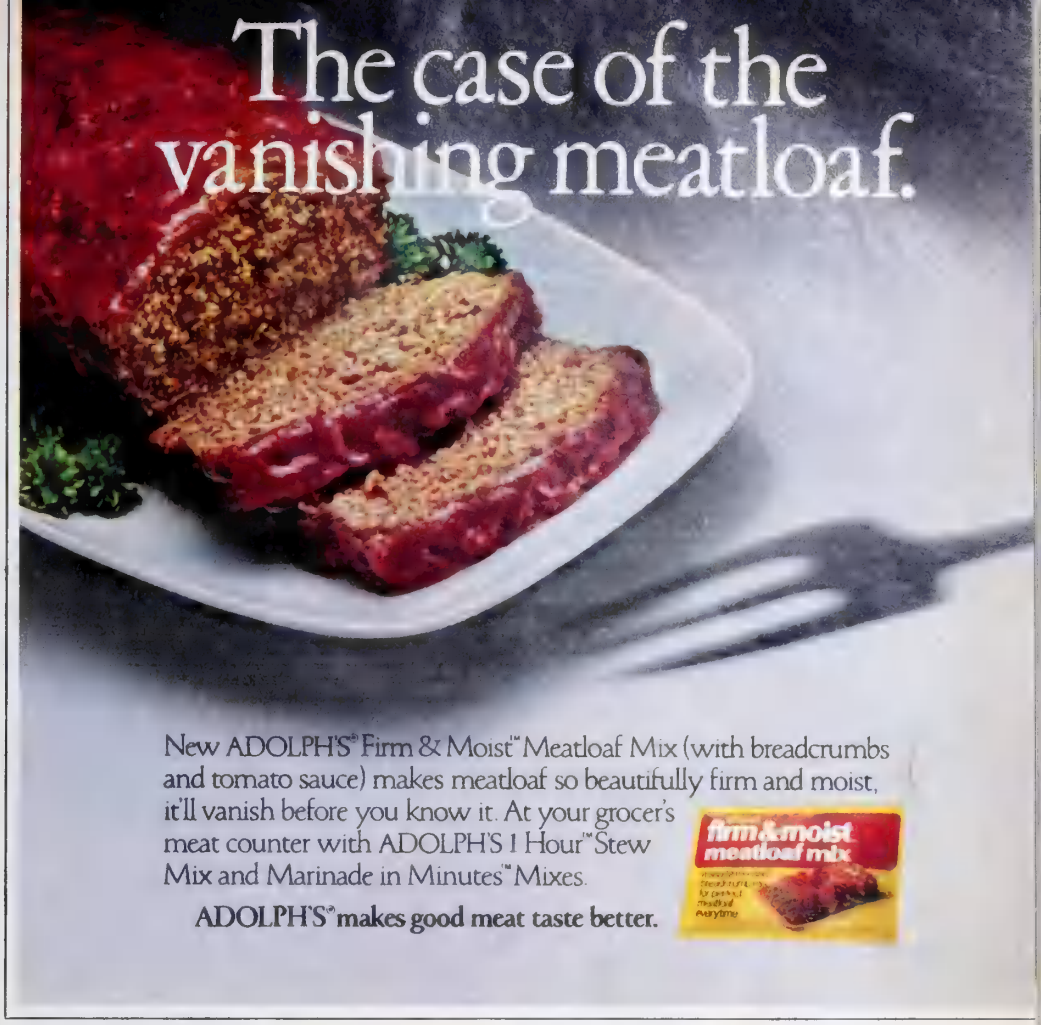
2 POINT VALUE

sweetened applesauce
ricots (3 medium)
ckberries
eberries
cherries
grapes
loganberries
nectarine (1 large)
peach (1)
raspberries

oup 8: Breads, Cereals, Starchy getables

t three portions a day. One portion is lice, piece or ½ cup, unless otherwise licated.

ead, any kind (½ large)
ead crumbs, dried (3 Tb.)
tilla (6 in.)
ked cereal
n-frosted dry cereal (¾ cup)
n-frosted puffed cereal (1 cup)
eat germ (¼ cup)
pcorn (3 cups)
ta
ts
e
rley
pretzels (12 small)
crackers
arrowroot (3)
graham (2 squares)
oyster (20)
plain (5 medium)
soda (6)
cooked dried beans, peas or lentils
corn (⅓ cup)
lima beans
white potato (1 small)
parsnips (¾ cup)
yams (¼ cup)



Bonus Group

In addition to the items from the eight Basic Groups, every day you may choose *one* of these foods in the portions indicated.

1½ pats of butter or margarine
1½ tablespoons of French dressing or commercial mayonnaise
1 egg
1 additional portion from the Breads, Cereals, Starchy Vegetables Group
3 additional points worth of Group 5 vegetables
3 additional points worth of fruit, including any of the following 3-point fruits:

apple (1 medium)
apple juice (½ cup)
banana (1 small)
grape juice (½ cup)
guava (½ cup)
pear (1 small)
prunes (3 medium)

3 additional points worth of any combination of vegetables and fruits

Free Foods

Use as you wish. These have little caloric value.

artificial sweeteners
clear soups
coffee (no sugar)
tea
sparkling water
mustard
sugar-free beverages
spices and herbs
vinegar
dehydrated onions
garlic
soy sauce
poppy and caraway seeds
buttered salt
low-calorie salad dressings (not more than three tablespoons)
vanilla
unsweetened gelatin

MENU SAMPLES FOR ONE WEEK

These menus will suggest just how flexible the diet is. Study them, and then make your own.

MONDAY

Breakfast
¾ CUP NON-FROSTED DRY CEREAL
½ CUP SKIM MILK
½ MEDIUM CANTALOUPE
COFFEE/TEA IF DESIRED

Mid-morning snack
½ CUP SKIM MILK
1 SLICE BREAD WITH ½ PAT BUTTER/MARGARINE

Lunch
½ CUP LETTUCE WITH LEMON JUICE
3 OZ. COTTAGE CHEESE
½ CUP STRAWBERRIES
LOW-CALORIE BEVERAGE OR TEA

Mid-afternoon snack
½ CUP TOMATO JUICE
3 BELL PEPPER RINGS

Dinner
MIXED GREEN SALAD
(½ cup lettuce, 3 slices cucumber, 2 radishes, 1 scallion)
DRESSING
(1 Tbsp. garlic vinegar, ½ tsp. Italian herbs, or ½ Tbsp. French dressing)
6 OZ. BROILED CHICKEN
½ CUP BRUSSELS SPROUTS
1 SLICE BREAD WITH ½ PAT BUTTER
COFFEE/TEA

After-dinner snack
1 CUP SKIM MILK

(continued)



be used in a salad)
5 MEDIUM, PLAIN CRACKERS
1 DIET DRINK

Dinner

6 OZ. BROILED CHICKEN LIVERS
CUCUMBER SALAD
½ CUP COOKED CARROTS
½ BAKED POTATO WITH
1½ PATS OF BUTTER

After-dinner snack

1 CUP SKIM MILK WITH
1 TBSP. LOW-CALORIE
CHOCOLATE SYRUP
1 TBSP. RAISINS

FRIDAY

Breakfast

½ CUP MELON BALLS
1 CUP PUFFED WHEAT CEREAL
½ CUP SKIM MILK

Mid-morning snack

½ CUP SKIM MILK
2 GRAHAM CRACKERS

Lunch

1 SCRAMBLED EGG
½ CUP PINEAPPLE JUICE

Dinner

COLESLAW
6 OUNCES TURKEY
½ CUP COOKED MACARONI SHELLS
½ CUP CHOPPED BROCCOLI WITH
1 TSP. DRY ONION SOUP MIX
1 CUP SKIM MILK

SATURDAY

Breakfast

1 CUP SKIM MILK WITH 1 TBSP.
LOW-CALORIE CHOCOLATE SYRUP
½ CUP FROZEN BLUEBERRIES

Mid-morning snack

2 TBSP. RAISINS

Lunch

1 PLAIN HAMBURGER BUN
6 OZ. LEAN GROUND
BEEF, BROILED
1 TBSP. DIET MAYONNAISE
1 SLICE ONION, TOMATO
2 LETTUCE LEAVES
1 DILL PICKLE
½ POTATO
1 CAN DIET DRINK

Dinner

1 CUP GREEN SALAD WIT
½ TBSP. FRENCH DRESSING
EGG FOO YONG
1 CUP SKIM MILK

SUNDAY

Brunch

2 SLICES FRENCH TOAST
(use 1 egg, 1 cup skim mil
½ tsp. vanilla)
1 PAT BUTTER
½ CUP ORANGE JUICE

Mid-afternoon snack

2 CELERY RIBS
3 GREEN PEPPER RINGS
DIET DRINK

Dinner

½ CUP COLESLAW
6 OZ. LEAN ROAST BEEF
½ CUP SAUERKRAUT
1 CUP SKIM MILK
1½ CUPS HONEYDEW BALLS

After-dinner snack

3 CUPS UNBUTTERED
POPCORN WITH SALT

DIET DOCTOR'S DIET

continued

TUESDAY

Breakfast

½ CUP COOKED FARINA CEREAL
WITH 1 TBSP. RAISINS
½ CUP SKIM MILK

Mid-morning snack

½ CUP SKIM MILK
3 RIBS CELERY

Lunch

SCRAMBLED EGG SANDWICH
(1 egg, scrambled with diced
pepper, green onion—fat-free
pan with no-stick spray)
1 SOUR PICKLE
1 TBSP. MAYONNAISE
2 SLICES BREAD FOR SANDWICH
1 CUP SKIM MILK

Mid-afternoon snack

1 FRESH PEACH OR ½ CUP
WATER-PACKED PEACHES

Dinner

1 CUP MIXED GREEN SALAD
(SEE MONDAY) PLUS ½ TOMATO
½ TBSP. FRENCH DRESSING
3 CHICKEN WIENERS, BROILED
½ CUP CHOPPED SPINACH

After-dinner snack

1 CUP HONEYDEW MELON BALLS

WEDNESDAY

Breakfast

½ CUP STRAWBERRIES
1 SCRAMBLED EGG
1 SLICE DRY TOAST

Lunch

4 OZ. COOKED SHRIMP
RAW VEGETABLE SALAD
6 SODA CRACKERS
1 CUP SKIM MILK

Mid-afternoon snack

3 FRESH OR CANNED APRICOTS

Dinner

6 OZ. BROILED HALIBUT WITH
LEMON JUICE AND PARSLEY
½ CUP COOKED CAULIFLOWER
6 STALKS COOKED ASPARAGUS
WITH 1 TBSP. FRENCH DRESSING
1 SLICE BREAD, ½ PAT BUTTER
1 CUP SKIM MILK

After-dinner snack

1 CUP WATERMELON BALLS

THURSDAY

Breakfast

3 OZ. COTTAGE CHEESE
½ SLICE ENGLISH MUFFIN
½ CUP ORANGE JUICE

Mid-morning snack

½ CUP STRAWBERRIES
SKIM MILK

Lunch

½ CUP RAW MUSHROOMS
1 CUP LETTUCE WITH LEMON
JUICE, WINE VINEGAR
1 SMALL TOMATO
(the first three ingredients can



ır home



Boxes shown smaller than actual size. Clockwise, from far left: "Austrian Gold," Rosa Mundi, "Austrian Copper," Rose d'Amour, "Empress Josephine," Multiflora Carnea.

The Empress Josephine's Rose Garden

MINIATURE PORCELAIN BOX COLLECTION

A limited edition issue of the French National Horticultural Society

ɐe exquisite miniature boxes
e Limoges porcelain,
ɔrnamented with a different rose,
ach decorated in 24 karat gold.

nce subscriptions must be
arked by January 31, 1980.

er chateau not far from Paris,
leon's Empress Josephine created
ost remarkable rose garden of all
Loving beauty, she collected every
y of rose then known—making
arden one of the wonders of the
.

honor that achievement, the
n National Horticultural Society
ssue a unique collection of twelve
lain boxes, decorated with twelve
r most beautiful roses. The cover
ch box portrays a different rose.
appears a tiny bud of the *same* rose. Authentic in detail, yet imbued with a poetic lyricism to enrich any room, any home. And each box will bear its own individual border decoration, in pure 24 karat gold. Indeed, even the *shape* of each box is different. Yet together all are in perfect harmony—just like a garden of perfect roses.

Were you to see such a collection in the home of a friend, you might think it had taken years to assemble. But *none* of these boxes will be issued singly. They may be obtained *only* as a collection. In keeping with tradition, moreover, these special porcelain issues are available in this one year only. Here in the U.S., Franklin Porcelain has been appointed sole agent for subscriptions. But considerable time is needed to create each box. So, to receive your first one as soon as possible, you must return the advance subscription form at right postmarked by January 31, 1980.

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ADVANCE SUBSCRIPTION FORM

The Empress Josephine's Rose Garden
MINIATURE PORCELAIN BOX COLLECTION

Limit: One collection per subscriber
Must be postmarked by January 31, 1980
Limited edition

Franklin Porcelain
Franklin Center, Pennsylvania 19091

I wish to subscribe to this collection of twelve miniature porcelain boxes decorated in pure 24 karat gold, at the price of $19.50 each. I shall also receive a Certificate of Authenticity and special reference material.

I need send no payment now. The boxes will be shipped at the rate of one every *other* month. I will be billed for each box in two equal monthly installments of $9.75.*

**Plus my state sales tax and .50¢ handling.*

Signature _____
ALL SUBSCRIPTIONS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

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Brains and wit will get you where you want to go. A little gorgeous skin won't hold you back either.
Gorgeous skin comes in Max Factor Whipped Creme™ Fluid Make-Up and Blush.
Underneath the lightest, sheerest, most flagrantly sexy face possible, this shrewd little fluid moisturizes like a cream. While the deft little creamy blush radiates like crazy. That's how to keep a good thing going. Don't you love it? Don't you love being a woman?
WHIPPED CREME
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NORTON SIMON
DON'T YOU LOVE BEING A WOMAN
MAX FACTOR



People today have changed. They're more educated, more discriminating. And so are their tastes. Which is why we make Seabrook Farms® frozen vegetable products special enough to satisfy those tastes.

We've discovered some unique and interesting ways of combining vegetables for unusually delicious results. And because we select only premium-quality vegetables picked at the peak of freshness, the results are even more delicious. So try Seabrook Farms® today and enjoy something special.

Out-of-this-world vegetable combinations.

Seabrook Farms® International Style Vegetables capture the exciting flavors of foreign cuisine. Each has big chunks of premium quality, fresh frozen vegetables combined for an unforgettable taste experience.

Delicious vegetables plus something extra.

Our tantalizing prepared dishes feature combinations of vegetables plus sauce or other delicious ingredients. For instance, our creamed spinach is so uniquely delicious, it's now America's best seller.

The very finest, specially-selected premium vegetables.

Our gold label deluxe vegetables feature top-of-the-line, premium-quality vegetables like tender, delicious broccoli florets and whole green beans.

They include out-of-the-ordinary vegetables, too... like crisp, Chinese pea pods and tasty artichoke hearts.

Satisfy your taste for something special with Seabrook Farms® vegetables.

SEABROOK FARMS

Something special for today's tastes.

Right now millions of Americans are being forced to sit back and rock their lives away. Simply because they're older. Stop and think about it!

It's going to happen to you. You're going to be "older" someday. Maybe sooner than you think.

And you're going to have to face the same problems that exist today. Unless you start changing your attitudes about aging now. Get rid of your stereotypes.

Try and imagine what you'll be like. What you'll want to do. What you'll want to contribute. That's all we ask.

But you'd better hurry.

If you don't want to take your old age sitting down, get off your rocker and separate the facts from the myths.

Now.

For more information on what you can do, write:

The National Council on the Aging, Inc. Box 28503, Washington, D.C. 20005.



Get off your rocker. Don't take old age sitting down.

National Council on the Aging, Inc.

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Name _____ Age _____

Address _____

City _____ State _____ Zip _____

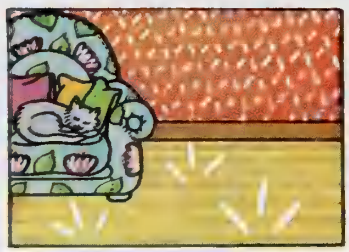
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Home Journal

Our January roundup–brighter ideas for floors and lampshades, nifty new waker-uppers, plus a timely energy tip...or two.

HOW TO LIGHTEN/BRIGHTEN A FLOOR One of the reasons a room can look drab and dreary is a dark, neglected floor. Yet it's far easier than you think to lighten and seal wooden floors, adding natural warmth and a bright cheery look. Most, when treated properly, are good-looking enough to stand on their own—or you can add a throw rug for more texture. Flooring experts, New York Flooring Inc. and Janovic/Plaza Paints, offered this advice: • First inspect your floor carefully. If it's not in good repair, start patching. Piece in strips of the same type wood; use a light, natural-tone wood filler for small cracks and separations. • Check home centers, hardware stores or floor refinishing supplies in Yellow Pages to rent a floor sander and edger. Pick up instructions and the right grades of sandpaper. You'll get the feel of the machine during the first rough-grade sanding. • An efficient machine should act as a vacuum, leaving dust only around the baseboards. • After cleaning up, go on to the finishing work. Wax used to be the final step for smooth-wood floors, but more people today are opting for polyurethane. This coater/sealer protects against spills, can be damp mopped, adds sheen. For a soft, classic look, choose a satin-finish urethane; for a higher shine, apply glossy; or for more depth, wax over the urethane finish. Before application, thin the first coat by 20% (using paint thinner) since it will be largely absorbed by the raw wood. After drying, apply the second coat right out of the can. One gallon of urethane covers roughly 500 sq. ft. • For a paler, pickled-type floor, use either white furniture stain or white oil-base deck paint (thinned 50%). Apply as stain first; test on pieces of wood or hidden section of floor. To seal without yellowing, add ½–1 pint of white urethane to 1 gallon clear.



COMFORT AT 68° With thermostats set at 68° F. (or lower), getting the shivers doesn't come as much from a lack of heat as a lack of humidity. Heating systems dry out the air, causing the skin's moisture to evaporate rapidly. Result: you feel chilled. Desert-dry air parches throats and nasal passages, as well as furniture and plants. The old trick of placing pans of water around helps, but getting a humidifier is far better. Some humidifiers attach right to the furnace to circulate humid air throughout—others hook up to the water system. Least expensive: plug-in portables.

ENERGY REMINDER

Tax time is just around the bend. If you've made your home (whether you own or you rent!) more energy-efficient this year, you may qualify for an energy tax credit. Stop in at your local IRS for form #903.

CLOCK RADIO UPDATE Shopping for a new clock radio? Tune in for a surprise. . . . • The "Great Awakening" acts like a computer, can be programmed to wake up two sleepyheads at different times, stores 6 stations for instant recall. By GE, about $117. • No bigger than a passport. Sleek mini-clock radio has LCD digital clock, AM/FM, on 9V battery. By Emerson, #RP3828, about $80. • Rain today? Clever digital clock radio has weather band. Touch a button, hear local forecast. By Panasonic, #RC-150, about $80. • Singing clock—not really a radio, "Tune Alarm" wakes you up with a choice of 24 songs. Battery operated. Westclox by Talley Industries, about $88. • Opens like a book—easy-to-pack, LCD quartz clock radio with earphones, strap, batteries, Randix, about $100. At Hammacher Schlemmer, N.Y.C.

NEW LOOKS FOR OLD SHADES Instead of pitching a tattered lampshade, re-do it. . . . First, replace any loose or split tape. Easiest way to cover: Glue fabric over the old paper or vinyl. Use clip clothespins (or paper clips) to hold fabric; cut to shape, allowing 1" at edges, back seam. Starting at seam, brush glue on 3" section, press fabric on, smooth out wrinkles. Continue around; at end, fold under ½", glue to overlap beginning edge. When dry, use a razor blade to trim allowance fabric even with edges; cover with braid or bias bands of fabric. With pleated shades, use a ruler or rubber spatula to fit fabric into V's before cutting, while gluing.





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Sears National Home Lighting Sale.

Save 13% to 46%* January 6-26, 1980.

























You can save money now on many styles of quality lighting fixtures at Sears Lighting Boutique. Fine chandeliers, swag lamps, even utility fixtures are reduced during this great sale. Fashion fluorescents to help save on energy are on sale, too. Find values like the ones pictured here, available now at most Sears retail stores. Prices and dates may vary in Alaska and Hawaii.

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Sears

WHERE AMERICA SHOPS FOR VALUE.

*These are the minimum savings nationally. Regular prices vary in some markets.

MEALTIME EXPRESS

A smart New Year's vow: To try quick-to-fix food ideas your family will love.

FAST ZEST with SALAD OLIVES

Dashing and bright, this jar of mixed-up green olive pieces and pimientos can be your secret recipe ingredient. A good value. Slightly salty. • Great in a green or rice salad. • Sprinkle atop broiled fish before serving. • Add zip to lunch-box egg salad sandwiches. • Stir into Spanish gazpacho or oddly enough, try in lentil soup. • Change the taste of your old standby meat loaf recipe • Add to scrambled eggs before cooking–pretty, too. • Put some color into potato or tuna salads. • Turn a rather bland quiche into something special. • Mix with sour cream or plain yogurt and parsley for an instant chip dip.

STAR QUICKIE

SWEET 'N SOUR CHICKEN

Combine ½ cup red Russian dressing, half an envelope of onion soup mix, ¾ cup pineapple-apricot jam and 1 tsp. dry mustard. Pour over a cut-up chicken in shallow baking dish. Bake one hour at 350° F. Serves 4.

BAGELS... TOP 'EM WITH

(sliced and toasted first, natch). *For Brunch:* • scrambled eggs, Cheddar and green chilies. • heated round of corned beef hash, poached egg on high. • cooked spinach, fried egg and Welsh rarebit. *For Lunch:* • layer onion, tomato, cheese slices and strips of bacon (cooked). Broil. • ham, pineapple ring, Muenster cheese and a spoonful of chutney. • split, broiled frank, heap of baked beans, shredded Cheddar. Spread with mustard. • brush on pizza sauce, toss with bits of mozzarella. Broil. • a smear of tartar sauce, ready-to-eat fish sticks, lettuce and a sweet pickle. • a low calorie treat–tomato slice, scoop of low-fat cottage cheese. strips of green pepper. Season with chives.

START WITH A CAN OF CREAM OF MUSHROOM SOUP

Just an old smoothie...for • Vegetable Velvet. Make a fast vegetable sauce by blending with ¼ cup milk, 3 oz. square of cream cheese. Heat and stir. • Walnut Delight. Warm up with ¼ cup milk and chopped walnuts. Serve over roasted, fried or leftover chicken. • Royal Roasting. Brown a 3-lb. beef pot roast, add soup. Cover and slow cook 2-3 hours. Delicious. • Dreamy Creamy Fettucini. Heat with ¾ cup milk, ½ cup grated Parmesan cheese; stir. Fold in steaming noodles and a generous blob of butter. Serve immediately.

Photographs by Cecil Shields

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Get noticed.

Or get admired.



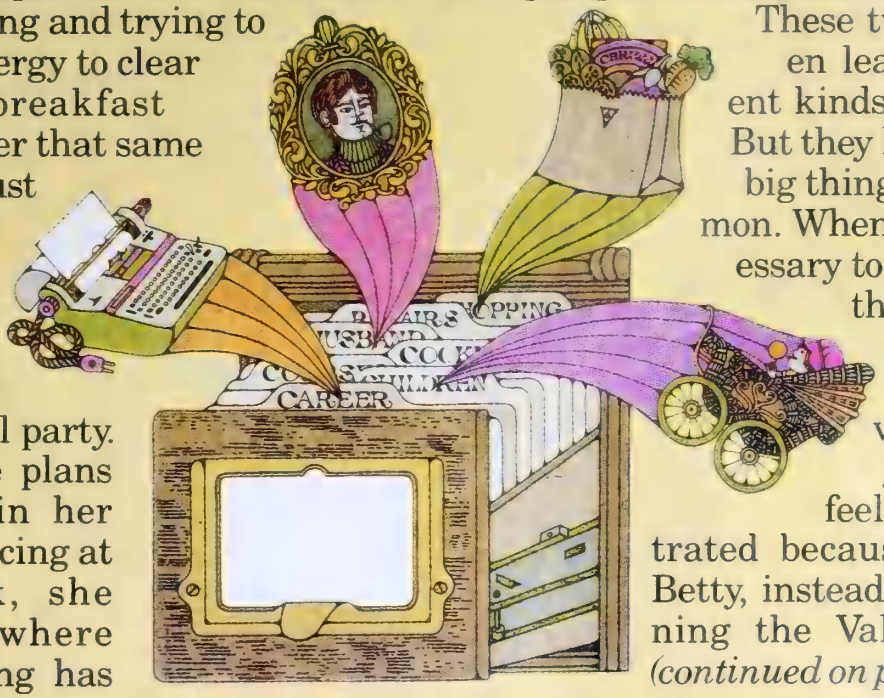
HOW TO ORGANIZE YOUR LIFE IN 1980

It's a new year, and it looks like a busy and hectic one. How will you get everything done–without doing yourself in? A time management expert shows you the way. By Kate White

It's the beginning of another year, and you're wondering how you can manage your time better. Can you really keep your resolution to get organized? Yes, you can!

Consider the cases of Betty S. and Joan D., two women who could make much better use of their time. It's 10:52 A.M., and Betty, a homemaker, is thumbing through the newspaper for the third time that morning and trying to find the energy to clear away the breakfast dishes. Later that same day, she must turn in the plans for the local hospital's Valentine's Day annual party. So far, the plans are only in her head. Glancing at the clock, she wonders where the morning has gone. For that matter, she wonders where the week has gone.

Then there's Joan D., a businesswoman who owns her own dress boutique. At 10:52 A.M., she's sorting through and filing a large stack of papers on her desk. The phone rings, and she spends 20 minutes on an unimportant call. One look at the clock and she starts to panic. There's so much to take care of today. How, she wonders to herself, am I going to fit everything in?



These two women lead different kinds of lives. But they have one big thing in common. When it's necessary to manage their time, both are doing a very poor job—and feeling frustrated because of it. Betty, instead of planning the Valentine's

(continued on page 112)

Illustration by Naad Einsel

FIRST·HOME

Making Ends Meet

Here's how one young couple pooled talents and resources to build this comfortable home for about $50,000 (!)–and with our help, decorated with more dash than cash. By Elizabeth Gaynor, Home Editor.



Photographs by Harry Hartman. All furniture, Thomasville /Founders; all Covington fabrics. Shopping information on page 112.



Third in our series about inventive (and hard-working) homemakers takes a look at how a young couple afforded a first home. Ready to start a family, Linda and Steve Dale of Greensboro, N.C., set out on the adventure of building a house. Two key ways they saved money: 1) Purchasing out-of-the-way rural land. 2) Using Steve as the contractor (more on next pages). Pictured: The Dales' "great room" functions as living/dining/working space. Design team Scruggs/Myers picked a clan of inexpensive tartans for the expanse of seating. A do-it-yourself painted border perks up the plain sisal rug; ducted fireplace saves heat.

Home Makers
LADIES' HOME JOURNAL

FIRST HOME







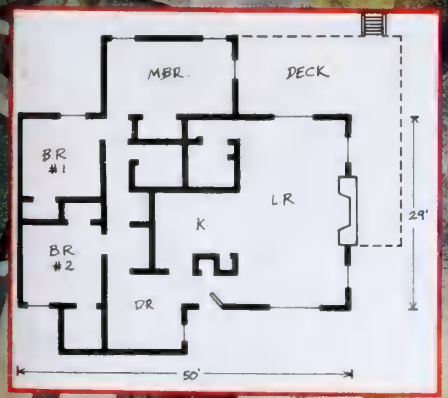
Keeping a trim budget—yet comfort and lifestyle—in mind, our designers showed the Dales how to stretch their decorating dollars. In the bedroom (above left), sheeting fabric adds a bright country feeling. Clever lighting ideas: paper parasol overhead, lamp from a clay gardening pot on the table. In the "great" room's dining area (above right), rough wood was used to panel a wall inexpensively. Linda's father donated his carpentry talent for this and other trim work, as a house gift. To bring down kitchen costs (below), the couple worked weekends installing the sheet-vinyl floor, finishing the solid-oak cabinets themselves. Rather than pay to custom fit the wall cabinets, the Dales opted to leave a space above for storage of over-size accessories. An open grid keeps everyday pans and mugs in easy reach. Opposite page: To avoid costly architect's fees, the Dales reworked existing house plans, designing a wrap-around deck to take advantage of rolling farmland views. Simple furnishings include park benches, folding chairs, all left natural, plus finder's-keepers spool tables. Ever aware of energy efficiency, the Dales selected wood siding for its good insulation and built frames out around the windows to cut the wind.



Bedroom: Cannon sheets. Kitchen: Armstrong flooring. Deck: Fabrications fabric. Shopping information on page 112.

COST-CUTTERS

Tips from the Dales' experience on how to save money building: • Buy less-costly rural land. • Clear land yourself before calling in equipment. • Redesign existing house plans. • Act as contractor (cutting out middle men, getting lower prices, reaping tax benefits). • Parlay credit by dealing with suppliers directly. • Be energy-wise. Reducing energy needs now pays off later. • Do any jobs you can: painting, tiling, carpentry, sewing. • Take advantage of bank loans, tax credits.





Growing Things

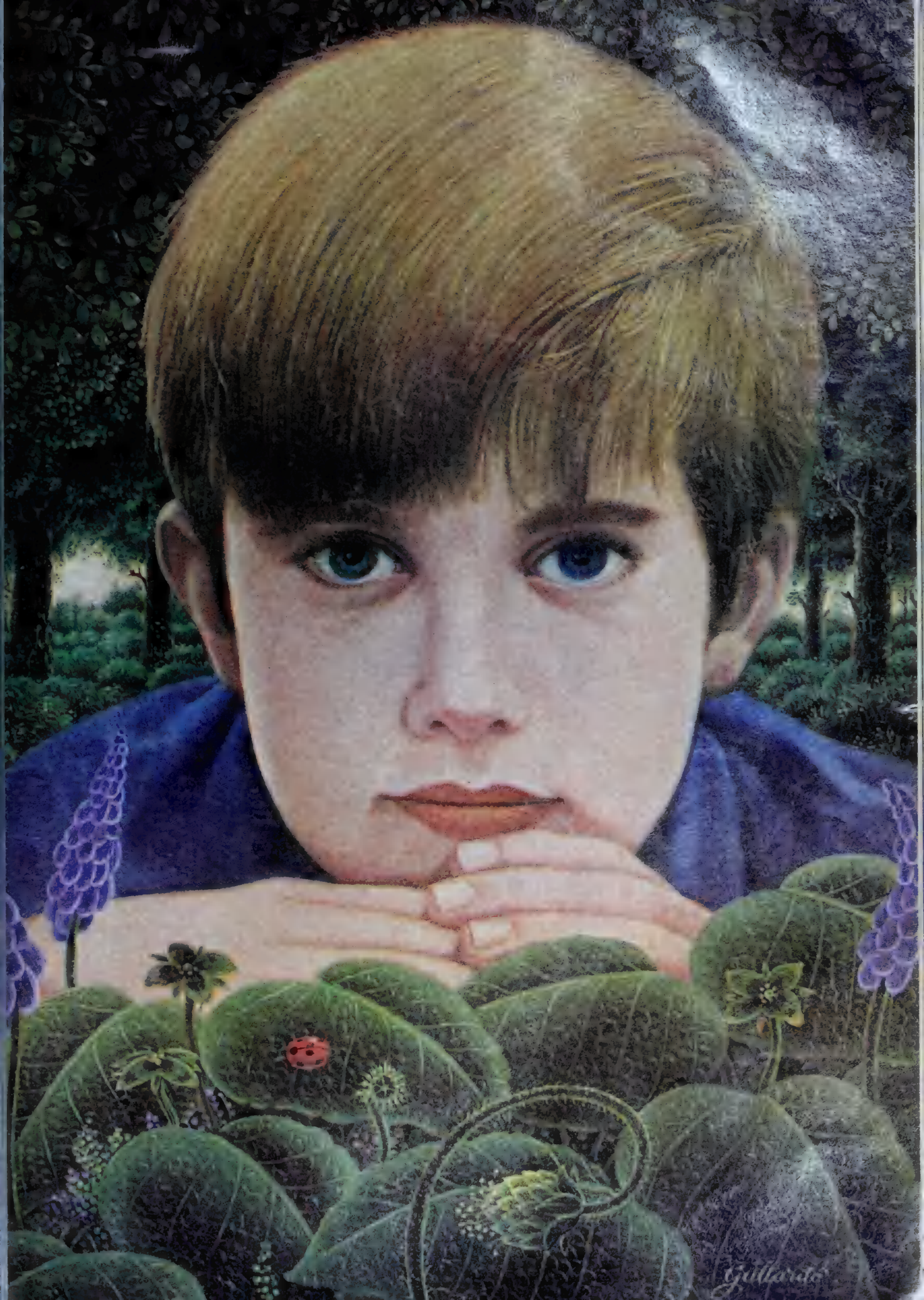
When a child has the city in his heart, can he ever adjust to country life and rural values? A short story of love, and truth, and change, by Madeleine Costigan.

My first official act as a self-employed tree surgeon was to plant a sign beside the ailanthus tree on the front lawn—Williston Tree Service. The sign was a present from Greg and the children, the day I finished my apprenticeship at the Randolph Arboretum. The ailanthus hovered a trifle too closely, and the maple leaves on the sign clustered a bit unnaturally where Katie and Joel had spilled some paint, but the lettering was large and clear, and we decided unanimously it was a good, sturdy sign, sure to attract customers.

The first person it attracted was Joel's new friend, Carpy, whom I welcomed with about as much enthusiasm as I would an invasion of bark beetles. Carpy's father, John Carpenter, had recently been transferred to Williston, a town of old houses and older trees. "Transferred to the sticks," was the way Carpy put it. On the one occasion I'd talked to Nancy Carpenter, his mother, I got the impression she wasn't enchanted with

(continued on page 118)

Illustration by Gervasio Gallardo


Guitarato

A TWIST OF GLAMOUR

Pure allure. Simple wraps, rolls and twists are the most sensational look for any woman with medium to long hair. And not just for evening dazzle. These elegant styles, combined with a new richness and depth of color, add dramatic impact—all day, every day.

By Maureen Lynch, Health and Beauty Editor.



Below: The Softer Twist, graceful and new. Divide hair into three sections. Take the first from in front of ears, pull to crown, twist down. Twist two back sections. Wrap left back one around front section; wrap right back around the first two. Twist up; secure with bobby pins; finish with hairpins. Rich glowing color comes from Clairesse in new "Reddish Blonde."



Above: The Hoop, a knock-out loop. Just right for long, fine hair. Pull back into loose ponytail; secure at nape with rubber band. Wrap small section around to cover band. Rope the remainder in a loop, tucking ends underneath; pinning securely. For a sunlit-look of subtle highlighting, do-it-yourself at home with easy Quiet Touch.

Opposite page: Relaxed Rolls, delightfully charming—plus it doesn't have to be perfect. Start with a side part (dead-center, too aging). Take small (2") sections, roll back and secure with bobby pins before moving on to next piece. Keep it soft, following the shape of the natural hairline. For this coppery shade try a wash of color, Miss Clairol Shampoo Formula in "Sunny Auburn."

Photography by Burt Gross.
Hair by Mark Kane of La Coupe, N.Y.
Color consultant, Leslie Blanchard.
Makeup by Ad Conina.
Clothes by Ralph Lauren.
All hair coloring products by Clairol.


MIST OF GL





Left: The French Twist, an updated classic that's as smooth and shiny as the finest silk. Start by sectioning. First section, both sides in front of ears twisted up to crown. Divide back. Take one of back sections and wrap around the front twist. Take the remaining back one and wrap around the other two. Secure with bobby pins. Tuck under any strands; spray. To point up the blond tones and add a sunny warmth, Nice 'n' Easy in "Natural Golden Blonde."

Twist tips: • With tight wraps, healthy hair and glorious color are key. • Go one step at a time. Section first. Tools are comb (not brush), bobby pins, hair spray. • For more control, arrange hair wet.

Below: Naughty Knots. Use crown as center point and section off a triangle. Comb hair over on angle, twist at hairline, pin. Section again, twist, pin securely to first knot. Number of knots depend on thickness of hair (thicker, smaller sections; thinner, larger). Spray. To bring out luster without changing natural color of hair, Clairesse in "Medium Ash Blonde."

Opposite page: The Fan, strong yet simple drama for long hair. Pull back and softly twist two side sections, leaving some fullness. Secure at nape with a rubber band, then cover band with underneath wrap of hair; secure with hidden pin. Spray. For full fan effect, curl ends with rollers first or use a curling iron later. The wonderfully tawny coloring was professionally highlighted at a salon in a spectrum of warm shades.



A TWIST OF GLAMOUR • A TWIST O

fun to sew fun to go!



And away we go—chasing balloons, flying a kite, flinging a frisbee... Mom, a sweatshirt grown into a casual dress with elasticized waist. Butterick "Fast & Easy" #6545; of Fairtex Super-Stretch terry and matching trim. Bright touches: shoes by Selva; bangle by Eva Graham. *Far right*: Hooray for free-spirited T-shirt stripes. Clever idea here: to lengthen the shirt into a nifty little dress. Simplicity #9052; of Arthur Zeiler wool jersey. Yellow linen lace-ups by Selva.

Wow! You can sew the newest action-packed fashion extras (for moms and little girls) to save money now—get ready for carefree days ahead. By Trudy Owett, Fashion and Home Sewing Editor.



Y ickiest looks for fast-paced jogging to olling around in the afternoon ...*Near right*: A little girl's run- un suit, fresh and energetic in aqua h rainbow braiding. Simplicity #8946; of Gloversville stretch terry; Hirschberg, chutz trim. Snappy sneakers, Zips by Stride Rite. *Far right*: Great dash for Mom, a sunshine-orange two-piece jogger with puffy sleeves. Butterick #6926; of Fairtex Super-Stretch terry, and trim. Running shoes, Adidas; Timex watch.

Photographs by Patrice Casanova.
Pages 78 and 80 hair and makeup by Sharon Slattery. All colorful belts by Elegant.
Pages 79 and 81 hair and makeup by Jac Colello. Pattern information on page 108.



n-the-move—whether you're whizzing along on skates or merely fooling around on the first sunny day...*Near right*: Easy-going action for Mom in the trendiest playsuit look. Breezy Hawaiian print shirt and short-shorts. McCalls #6555 blouse, #6545 shorts; both of Ameritex cottony print. *Far right*: Crayon-brights for the roller-princess. In a spiffy red blouse over taxi-yellow shorts with slide-into side pockets. McCalls #6620; blouse of J. Vincent Textiles cotton print; shorts, Lanscot-Arlen chintz.

Pattern information on page



free-wheeling style—everything's fun and games in new, no-hassle jumpsuits...*Near right*: Ready for anything a young girl can dream up, one zip-front jumpsuit with patch pockets, drawstring waist. McCalls #6934; of Earl-Glo Ripstop nylon. Timex watch. *Far right*: Super-charged purple, a brilliant way to jump into action. Front-button one-piecer with shirt sleeves, elasticized waist. Simplicity #9226; of Yarnell reversible crepe-back satin. Candie's high-heeled sandals. Yellow bicycle from Bikes and Things, N.Y.C.

BEYOND THI



MEAT LOAF

When you think "meat loaf," why only think ground beef? Go beyond...to other budget-wise combinations such as berry-topped turkey or a tasty tuna. Compact loaves make perfect family fare for tonight's dinner—terrific sandwich slices for tomorrow. Just mix up any one of our seven delicious blends and you'll bake a sure winner.



Left to right: Dilly Salmon Loaf, lemon-y and light; Cranberry Turkey Loaf, layered with stuffing; Pineapple Ham Loaf, tangy with horseradish; Meatless Loaf, the crunch of good health. These recipes, plus minted lamb, tuna and stuffed cabbage, page 90.

Photograph by Michael Somoroff



Football Fever

A winning party

Game time, U.S.A. To kick off the new year, a party plan tuned into the playoffs, the Bowl games and, of course, the super big one. Catch (and pass) weekend football fever with a rousing get-together of friends, one large TV set and a spread of winning food. This super party is called for 12 enthusiasts who'll work up big appetites rah-rahing their favorite team. There are nibbles for half time, a hearty choucroute (pork and sauerkraut) to wash down with chilled beer and the sporting highlight: an almost-real-enough-to-toss football cake (above). Touchdown!

By Sue B. Huffman, Food and Equipment Editor.

Photographs by Nick Samaras



How America Entertains

Although food for our football bash is plentiful, much can be made ahead—leaving the hostess free to lead the cheering squad. Even the star attraction, the football cake, is a snap (made from pound cake mix). Timetable, shopping list, recipes are on page 86.

SUPER-BOWL PARTY
(Serves 12)

Sideline Spinach* Touchdown Tuna*
Assorted Raw Vegetables
Punting Pitas* Pretzels
Quarterback Twists* First Down Zucchini*
Choucroute Garni*
Parslied Potatoes Super Salad Bowl*
Linebacker Loaf* Whipped Butter
Pigskin Pound Cake*
Ref's Rum-Raisin Ice Cream*
Beer Coffee

*Recipes included

Football Fever

continued

SUPER-BOWL PARTY
(Serves 12)

SIDELINE SPINACH* TOUCHDOWN TUNA*
ASSORTED RAW VEGETABLES
PUNTING PITAS* QUARTERBACK TWISTS*
FIRST DOWN ZUCCHINI* PRETZELS
CHOUCROUTE GARNI*
PARSLIED POTATOES
SUPER SALAD BOWL*
LINEBACKER LOAF*
WHIPPED BUTTER MUSTARD
PIGSKIN POUND CAKE*
REF'S RUM-RAISIN ICE CREAM*
BEER COFFEE

*Recipes given

FOOD CHECKLIST

- 1 bunch broccoli
- 1 bunch radishes
- 1 stalk celery
- 1 pound carrots
- 1 bunch parsley
- 1 bunch green onions
- 2 pounds zucchini
- 3 pounds potatoes
- 2 heads romaine lettuce
- 1 small head chicory
- 3 McIntosh apples
- 1 orange
- 5 lemons
- 1 package (10 oz.) frozen chopped spinach
- 1 container plain yogurt
- 1 can (6½ or 7 oz.) tuna
- 1 can (2 oz.) flat anchovies
- 1 package (10 oz.) refrigerated biscuits
- Pretzels
- 1 package (¾ lb.) pita bread
- 6 pounds (3 qts.) sauerkraut
- ¼ pound salt pork
- 8 smoked pork loin chops
- 2 pounds kielbasa
- 1 pound frankfurters
- 1 fifth Riesling wine
- Medium rye flour (about 1 lb.)
- Whole wheat flour (about 1 lb.)
- Unprocessed bran
- 1 square (1 oz.) unsweetened chocolate
- 2 packages active dry yeast
- 2 packages (16 or 17 oz. each) pound cake mix
- 1 container (15 oz.) ricotta cheese
- 1 package (6 oz.) semisweet chocolate pieces
- ⅓ cup toasted slivered almonds
- 1 package (16 oz.) confectioners' sugar
- 1 cup dark seedless raisins
- ½ gallon vanilla ice cream
- Beer
- Mayonnaise (2 cups)
- Sesame seed
- Juniper berries or ¼ cup gin

Staples to have on hand:

- 4 ounces grated Parmesan cheese
- Butter or margarine (1 pound)
- Buttermilk baking mix
- Eggs (6)
- Salad oil
- Dill weed
- Salt
- Capers (3 tablespoons)
- Seasoned salt
- Marjoram
- Garlic cloves
- Caraway seed
- Peppercorns
- Bay leaves
- Paprika
- Prepared mustard
- Dry mustard
- Ground pepper
- Yellow cornmeal
- ⅓ cup molasses
- All-purpose flour
- Honey
- Sugar
- Vanilla extract
- Coffee
- Dark rum (½ cup)
- Onions

SCHEDULE FOR SUPER-BOWL PARTY

Up to 1 month before:
1. Invite guests.
2. Inventory supplies.
3. Purchase pound cake mix and all ingredients for ice cream, bread and zucchini.
4. Make zucchini, bread and ice cream; freeze.
5. Make cake and freeze (do not fill or frost).

Two days before:
1. Purchase remaining ingredients.
2. Make salad dressing and tuna dip; cover and refrigerate.

Day before:
1. Prepare spinach dip; cover and refrigerate.
2. Prepare vegetables (place in plastic bags and refrigerate).
3. Chill beer.
4. Set table.
5. Defrost cake; fill and ice; refrigerate.
6. Begin preparing choucroute (see recipe).
7. Whip butter. Spoon into dish; cover and refrigerate.

Morning of party:
1. Make pita toasts and twists; cool. Place in plastic bags; set aside.
2. Defrost bread and zucchini.
3. Chop parsley for potatoes.

30 minutes before guests arrive:
1. Remove dips from refrigerator; arrange with vegetables on platter.
2. Heat zucchini; cut into squares.
3. Prepare salad; refrigerate.

While watching game, serve appetizers.

Two hours before dinner:
1. Finish cooking choucroute.
2. Peel potatoes. Cover with cold water; do not cook.

One hour before dinner:
Remove salad dressing and butter from refrigerator.

30 minutes before dinner:
1. Cook potatoes; keep warm in 200°F. oven.
2. Arrange choucroute on platter; keep warm in a 200°F. oven.

At serving time:
1. Serve choucroute, potatoes, salad and bread.
2. Serve cake and ice cream with coffee, if desired.

All pictured on pages 84–85

SIDELINE SPINACH

A simple, throw-together dip that's absolutely great either with raw vegetables or crackers.

1 package (10 oz.) frozen chopped spinach, thawed and well drained
⅓ cup chopped green onions
½ cup plain yogurt
½ cup mayonnaise
½ teaspoon salt
¼ teaspoon dill weed

With sharp knife finely chop spinach. Combine spinach, ¼ cup green onions, yogurt, mayonnaise, salt and dill weed in small bowl. Cover and refrigerate at least one hour to blend all the flavors together. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)* Garnish with remaining green onions. Makes 1½ cups, about 40 calories per tablespoon.

TOUCHDOWN TUNA

A vitello tonnato sauce as well, this is fabulous over cold veal or chi breasts.

1½ cups mayonnaise
1 can (6½ to 7 oz.) tuna, drained
½ of a 2-oz. can flat anchovies, draine (about 5)
2 tablespoons lemon juice
3 tablespoons capers, drained

In covered blender container or processor combine mayonnaise, t anchovies, lemon juice and 2 ta spoons capers. Blend or process smooth, stopping machine and scra sides of container if necessary. *(Ca made in advance to this point. C and refrigerate up to 2 days.)* Gar with remaining capers. Makes 2½ c about 70 calories per tablespoon.

PUNTING PITAS

Crunchy little toasties made from bread.

Cut each pita from one package (¾ pita bread into 6 wedges. Separate cut each wedge into two pieces. range, crust side down, on ungrea cookie sheet. Broil 3 to 5 minutes until golden. *(Can be made ahea this point. Place in plastic bag and s up to 24 hours.)* Makes 6 dozen, abo calories each.

QUARTERBACK TWISTS

Crunchy munchies made from refri ated biscuits. We suggest doubling recipe; they'll go quickly.

1 package (10 oz.) refrigerated biscuit
⅓ cup butter or margarine, softened
⅓ cup grated Parmesan cheese
¼ cup sesame seed

Preheat oven to 400°F. Separate cuits into 10 pieces, according to la directions. Then split each biscuit half again to make 20 rounds in all.

In small bowl combine butter or m garine, cheese and sesame seed u well blended. Spread a scant teaspo ful on each piece of dough. With sh knife, cut each piece in half, formin semicircle. Gently pull and stre dough into a 10-inch rope. Twist s eral times and place on ungreased co ie sheet, pressing ends onto sheet. (Do panic, these shrink.) Bake 12 to 15 m utes or until golden. *(Can be made ahe to this point. Store in loosely cove container up to 6 hours.)* Makes twists, about 40 calories each.

FIRST DOWN ZUCCHINI

From our St. Louis friend, Jackie Gre who regularly treats her bridge club this goody.

1 cup buttermilk baking mix
½ cup grated Parmesan cheese
2 tablespoons chopped parsley
¾ teaspoon seasoned salt
½ teaspoon marjoram
4 eggs, slightly beaten
½ cup salad oil

(continue

FRANCE

s close as the Rice and Campbell's Soup on your shelf.



rk Chops Chasseur

an (about 16 ounces) tomatoes
ork chops
bout 2 pounds)
an Campbell's Golden
lushroom Soup
cup chopped onion
easpoons prepared
ustard
⅛ to ¼ teaspoon pepper
½ cup sliced dill or sweet gherkin pickles
3 cups hot cooked rice
2 tablespoons chopped parsley

in tomatoes, reserving ½ cup liquid. Cut up tomatoes. In skillet, wn chops (use shortening if necessary); pour off fat. Add soup, erved tomato liquid, onion, mustard and pepper. Cover; cook over heat 30 minutes or until done. Stir occasionally. Add tomatoes and kles; heat. Combine rice and parsley. Serve pork chops over rice. kes about 4 servings.

Rice Cassoulet (NOT SHOWN)

1 pound pork sausage
1 cup chopped onion
½ cup sliced celery
1 large clove garlic, minced
1 can Campbell's Bean with Bacon Soup
¾ cup water
½ cup ketchup
2 cups cooked rice

In skillet, cook sausage, onion and celery until done; stir to separate meat. Pour off fat. Add remaining ingredients. Heat; stir occasionally. Makes about 5 cups.



RICE COUNCIL OF AMERICA

A world of good cooking brought home with Campbell's and Rice.

Football Fever

continued

3 cups thinly sliced zucchini (about 2 pounds)
½ cup minced onion
1 garlic clove, minced

Preheat oven to 350°F. Grease a 13x9-inch baking pan; set aside. In large bowl combine buttermilk baking mix, cheese, parsley, seasoned salt and marjoram. With fork stir in eggs and oil until just mixed. Fold in zucchini, onion and garlic. Spread batter into pan and bake 20 to 25 minutes or just until golden. Cool in pan 10 minutes before cutting. *(Can be made ahead to this point. Cool. Cover and freeze up to 1 month. Heat in a 300°F. oven until warm, about 40 minutes. Or bake, cool and refrigerate up to 6 hours. Reheat in 300°F. oven for 20 minutes.)* Cut into 1-inch squares; serve warm. Makes 55 squares, about 40 calories each.

CHOUCROUTE GARNI

The classic Alsatian dish features sauerkraut and smoked meats. It's fabulous!

¼ pound salt pork, diced
3 large onions, chopped
6 pounds (3 qts.) sauerkraut, rinsed and well drained
1 medium apple, cored and diced
1 teaspoon caraway seed
12 peppercorns
12 juniper berries (or ¼ cup gin)
2 bay leaves
1 fifth Riesling wine (25¼ oz.)
8 smoked pork loin chops (4 to 5 lbs.)
2 pounds kielbasa or Polish sausage, cut into 4-inch pieces
1 pound frankfurters

Preheat oven to 325°F. In large ovenproof saucepot or Dutch oven, cook salt pork over medium-high heat until golden. Add onions and sauté, stirring occasionally, until tender. Add sauerkraut, apple, caraway seed, peppercorns, juniper berries, bay leaves and wine. Heat to boiling. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours. Reheat over low heat, stirring occasionally, about 45 minutes.)* Cover and remove from burner. Place in oven and bake 1 hour. Add pork chops and bake 30 minutes more. Add kielbasa and franks; continue to bake an additional 30 minutes. To serve, arrange meats and sauerkraut on large warm platter. Makes 12 servings, about 600 calories each.

SUPER SALAD BOWL

Apples add crunch and color to this honey-drizzled salad.

Dressing
¾ cup salad oil
½ cup lemon juice
2 tablespoons honey
1 teaspoon grated lemon peel
1 teaspoon paprika
1 garlic clove, minced
¼ teaspoon dry mustard
⅛ teaspoon pepper
2 McIntosh apples
Lemon juice
2 heads romaine
1 small head chicory

Measure all dressing ingredients into ja with tight fitting lid. Cover and shak vigorously; refrigerate. *(Can be mad ahead. Refrigerate up to 1 week.)*

Cut each apple into 8 wedges; cor but don't peel. Tear greens into bite size pieces and place in salad bowl. *(Ca be prepared in advance to this poin Cover greens with a damp paper towe Sprinkle apples with lemon juice an wrap separately in plastic bag. Refrig erate up to 6 hours.)* Just before servin add apples to greens, add dressing an toss. Makes 12 servings, about 160 ca ories each.

LINEBACKER LOAF

Full of good things like rye and whol wheat flours, cornmeal, molasses an wheat germ.

2 cups unsifted medium rye flour
1½ cups unsifted whole wheat flour
⅓ cup plus 2 tablespoons yellow cornmeal
About 2½ cups unsifted all-purpose flou
2 cups lukewarm water (110°F.)
⅓ cup molasses

Creamy Deluxe is the creammmy frosting.



It's the blending that makes Creamy Delu so incredibly, so deliciously homemade crea you just can't v to ea

You can spr a lot of happin with Creamy Delu The creamm frost

You and Betty Crocker® ca Bake Someone Happy.

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- tablespoons salad oil
- square (1 oz.) unsweetened chocolate, melted
- ¼ cup sugar
- packages active dry yeast
- tablespoon salt
- ¼ cup unprocessed bran or wheat germ
- egg white

n a large bowl combine rye and whole heat flours, ⅓ cup cornmeal and 2 cups ll-purpose flour; set aside.

In large mixer bowl combine water, nolasses, oil, chocolate, sugar, yeast and alt and stir until yeast is dissolved. With nixer at low speed gradually add 2 cups our and bran. Increase speed to me- ium; beat 2 minutes scraping bowl oc- asionally with rubber spatula. Add 2 nore cups flour and continue beating minutes more. With wooden spoon, ir in remaining flour.

Turn dough onto lightly floured sur- ace and knead until smooth and elastic, bout 12 to 15 minutes. Add more all- urpose flour as needed. (Dough will be omewhat sticky.) Place dough in reased bowl; turn to grease all sides. urn smooth side up. Cover with towel nd let rise in draft-free place until dou- led in bulk, about 1 hour (when fin- er pressed into dough leaves a dent). unch down dough. Turn onto floured rface; cover with bowl and let rest for 5 minutes for easier shaping.

Lightly grease large cookie sheet; prinkle with remaining 2 tablespoons cornmeal. Shape dough into 2 round loaves. Cover with towel and let rise in draft-free place until doubled in bulk, about 45 minutes (when finger pressed lightly into dough leaves a dent).

Preheat oven to 375°F. Bake bread for 35 to 40 minutes. Meanwhile, beat egg white and 1 tablespoon water until foamy. About 10 minutes before bread is done, brush crust with egg white. Loaves are done when they sound hollow when lightly tapped. *(Can be made ahead to this point. Cool. Wrap well and freeze up to 1 month. Thaw, wrapped, at room temperature for at least 2 hours.)* Makes 2 loaves, about 110 calories per ½-inch slice.

PIGSKIN POUND CAKE

Destined to become a classic for football fans. Not that difficult to make (you use a real football to form the mold), it's as tasty as it is spectacular.

Equipment
- Heavy duty aluminum foil
- 1 football
- 1 5-quart Dutch oven, casserole or 4-quart ovenproof mixing bowl
- Vegetable cooking spray
- Pastry bag with plain tube
- Green matboard or heavy cardboard
- White tape or chalk
- Sheet of clear plastic or plastic wrap
- Six 6-inch swizzle sticks
- 4 large green gumdrops (optional)

Football Cake
- 2 packages (16 or 17 oz. each) pound cake mix, plus ingredients called for on package

Filling
- 1 container (15 oz.) ricotta cheese
- ½ cup semisweet chocolate pieces, finely chopped (½ of 6 oz. package)
- ⅓ cup toasted slivered almonds, finely chopped
- ¼ cup sugar
- 1½ teaspoons grated orange peel

Icing
- ⅓ cup butter or margarine, softened
- ½ teaspoon vanilla extract
- ⅛ teaspoon salt
- 1 package (16 oz.) confectioners' sugar
- 4 to 6 tablespoons strong coffee
- ½ cup semisweet chocolate pieces, melted (½ of 6 oz. package)

Cake: Fold a 36x18-inch rectangle of foil crosswise in half, making an 18x18-inch square. Mold around half of a football lengthwise. Crumple additional foil and pack it into a 5-quart Dutch oven or 4-quart casserole (or any ovenproof dish with a diameter of at least 12 inches). Push the football (foil-covered side down) into foil in Dutch oven. Pack with more crumpled foil, if necessary, to hold mold securely in place; remove football. Grease inside of foil mold with a vegetable cooking spray. Preheat oven to 325°F.

Prepare pound cake mix according to package directions. (Two packages can be made together if you have a large enough mixing bowl.) Pour *(continued)*

SuperMoist has a Mmmmoister Recipe

her cakes may be moist they're not SuperMoist.® the moistest layer cake ver from Betty Crocker.®



Betty Crocker

SuperMoist® Chocolate Chip Cookies

- 1 package SuperMoist yellow cake mix
- ½ cup margarine or butter, softened
- 1 teaspoon vanilla
- 2 eggs
- 1 package (6 ounces) semisweet chocolate chips
- ½ cup chopped nuts

Heat oven to 350°. Mix about half of the cake mix, the margarine, vanilla and eggs in large bowl until smooth. Stir in remaining cake mix, the chocolate chips and nuts. Drop dough by teaspoonfuls about two inches apart onto ungreased cookie sheet. Bake 10 to 12 minutes (centers will be soft). Cool slightly; remove from cookie sheet. About 5 dozen cookies.

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You and Betty Crocker® can Bake Someone Happy.

Football Fever

continued

batter into football mold. Bake 2 hours or until cake-tester inserted in center comes out clean. Let cake cool in mold for 30 minutes before inverting onto wire rack to finish cooling. Remove foil. Cake must be *completely* cool before decorating. *(Can be made ahead to this point. Wrap well and freeze up to 1 month. Thaw, unwrapped, at room temperature for 2 hours.)*

Filling: In small bowl combine all ingredients for filling. With serrated knife cut cake horizontally into 3 equal layers. Spread filling evenly between layers, using about 1½ cups for bottom layer and about 1 cup for top layer.

Icing: In small mixer bowl with electric mixer at medium speed, beat butter or margarine until light and fluffy. Add vanilla and salt, and continue beating until well mixed. Gradually beat in confectioners' sugar, alternating with coffee. Increase speed to high and continue beating until light and fluffy. Remove ¼ cup icing for decorating; reserve. Beat melted chocolate into remaining icing until well mixed. Frost cake. Spoon reserved icing into pastry bag fitted with plain writing tip; use to make "lacings" and "seams" on football. *(Can be prepared in advance to this point. Refrigerate up to 24 hours.)*

To make football field: Cut a piece of green matboard into an 18x11-inch rectangle. Make yard lines with thin strips of white tape (or draw them with chalk). Cover the field with clear plastic or kitchen plastic wrap. Make 2 goal posts from six-inch swizzle sticks. Attach to the field with extra icing or large green gumdrops. Serve cake on "field." Makes 18 servings, about 505 calories each.

REF'S RUM-RAISIN ICE CREAM

Bostonian Jane Kirby shared her dad's simple and fabulous recipe with us.

1 cup dark seedless raisins
½ cup dark rum
½ gallon vanilla ice cream

Combine raisins and dark rum in small bowl. Cover and let stand at room temperature overnight.

Next day, soften vanilla ice cream slightly in a large bowl. Fold in plumped raisins and rum. Pack ice cream back into container or freeze in bowl until firm. *(Can be made ahead to this point. Freeze up to 1 month.)* Makes 16 servings, about 190 calories each.

To serve, soften ice cream slightly; scoop and place in serving bowl. Return to freezer until serving time. **End**

BEYOND THE MEAT LOAF

continued from page 83

You'll find your food processor a gr help in grinding meats—especially those that are sometimes hard to fi like ground fresh pork and ground la We found most processors able to han the load. To chop fresh pork, lamb, key or cooked ham, cut into 1-i cubes. Use the steel blade and proc with the on/off method to the desi texture, 1 rounded cup at a time. sure to remove any gristle before p cessing; food processors can't handl

DILLY SALMON LOAF
pictured on page 82

Probably a family favorite you've made for years.

2 cans (15½ oz. each) salmon
1½ cups fresh bread crumbs
1 cup finely chopped onions
½ cup heavy or whipping cream
¼ cup chopped parsley
2 eggs
2 tablespoons lemon juice
1 teaspoon dill weed
1 teaspoon salt
Lemon slices and fresh dill, for garnish

Preheat oven to 350°F. Grease an 8 inch loaf pan; set aside. Drain liq from salmon. Place one can *(continu*

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BEYOND THE MEAT LOAF

continued

at a time in food processor; purée. Or place both cans in medium bowl and chop with electric mixer. In a large mixing bowl combine salmon with remaining ingredients; mix well with hands or large spoon. Spoon into loaf pan. Set loaf pan in large roasting pan on oven shelf. Fill roasting pan with hot water to 1 inch from the top. Bake 1 hour. Remove from oven and set loaf on wire rack to cool for 5 minutes. Invert onto serving platter. Garnish with lemon slices and fresh dill, if desired. Makes 6 servings, about 315 calories each.

CRANBERRY TURKEY LOAF
pictured on page 82

Ground turkey's a terrific product—available in the meat and poultry section of your supermarket.

Stuffing
- 1 cup dry packaged stuffing mix
- ¼ pound bulk pork sausage
- 1 cup chopped onions
- ¼ cup chopped celery

Loaf
- 1½ pounds ground raw turkey
- ½ cup fresh bread crumbs
- ½ cup evaporated milk
- ¼ cup chopped parsley
- 1 egg
- ¾ teaspoon salt
- ¼ teaspoon pepper

Glaze
- 1 cup whole-berry cranberry sauce
- ¼ cup corn syrup
- 2 tablespoons grated orange peel

Prepare stuffing mix according to package directions; set aside. In a medium skillet sauté sausage for 5 minutes, stirring to break it into small chunks. Add onions and celery and sauté until onions are tender. Fold in prepared stuffing mix. Remove from heat; set aside.

Preheat oven to 350°F. Grease an 8x4-inch loaf pan; aside. In large mixing bowl combine all loaf ingredients til well mixed. Spread half the turkey mixture into loaf p Spread stuffing over turkey. Top with remaining turkey m ture. Bake 50 minutes. Drain off excess liquid. Invert onto wire rack and then transfer loaf to serving platter.

Meanwhile, in small saucepan combine glaze ingredie heat to boiling. Spoon about ½ cup glaze on loaf and se Pass additional glaze with turkey. Makes 6 servings, ab 360 calories each. Glaze about 40 calories per tablespoor

PINEAPPLE HAM LOAF
pictured on page 83

Horseradish adds zest to this loaf with a sweet-sour glaze

Loaf
- 1½ pounds ground cooked ham
- ½ pound ground fresh pork
- 1 cup fresh bread crumbs
- 1 cup milk
- 1 egg
- 1½ to 2 tablespoons prepared horseradish
- 1 teaspoon prepared mustard

Glaze
- 1 can (20 oz.) pineappl slices in own juice
- ¾ cup firmly packed da brown sugar
- 2 tablespoons cornstar
- 2 tablespoons prepared mustard
- ⅓ cup dark corn syrup
- 3 tablespoons cider vinegar

Preheat oven to 350°F. Line the long sides and bottom 9x5-inch loaf pan with a 10-inch piece of foil; let ends tend. In large bowl combine all ingredients for loaf; well. Spoon into loaf pan. Bake 30 minutes.

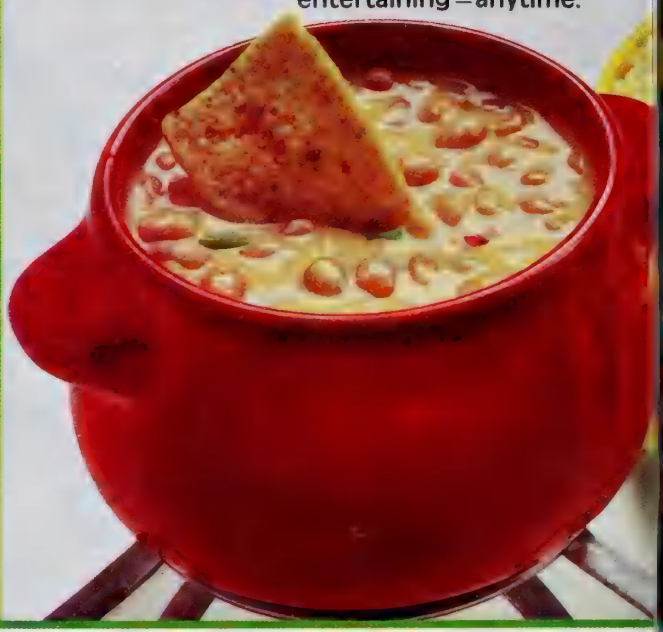
Meanwhile, prepare glaze. Drain pineapple slices, res ing juice. In a medium saucepan combine brown sugar, c starch and mustard. Add reserved juice, corn syrup vinegar. Cook over medium high heat, stirring until it gins to boil. Reduce heat and simmer 5 minutes. Cut 5 sl

FAST

NOT JUST FAS

QUICKITY DI

Treat your guests to a fast favorite. Sta with a can of condensed bean with bacc soup. Mix in one 8-oz. jar of Cheez Wh process cheese spread. Heat the mixtur You get a good fast start for entertaining—anytime.



FAST

CHA CHA CHILI

Chili goes fancy when you swirl on a quick cheesey topping. Heat your favorite chili. Top it generously with Squeez-a-Snak process cheese spread. One, two, Cha Cha Chili.



FOOD
HEY'RE KRAFT.
OCKET RICE
e off from ordinary rice with this quick and tasty itch. Mix two cups of hot cooked rice with one lespoon of margarine. Then blend in one half cup of regular or pimento Cheez Whiz process cheese spread. You're ready for high-flying flavor – fast.



Cheese Sauce: In a medium saucepan over medium heat melt butter or margarine; add flour, stirring constantly until smooth and bubbly. Cook for 1 minute. Add milk and cook until it starts to thicken, stirring constantly. Reduce heat to low. Add cheese, salt and cayenne; stir constantly until cheese is melted. Spoon over loaf. Makes about 2 cups, about 30 calories per tablespoon.

CASBAH LAMB LOAF

Bulgur and mint lend a Middle Eastern taste to this yogurt-sauced loaf.

Sauce
- 1 cup plain yogurt
- 1 small cucumber, peeled, seeded and grated
- 2 teaspoons dried mint
- ½ teaspoon salt

Loaf
- ½ cup bulgur or finely cracked wheat
- ½ cup water
- 2 pounds ground lamb
- 2 eggs
- 1 cup chopped onions
- 2 garlic cloves, minced
- 1 tablespoon dried mint
- 1½ teaspoons salt
- ½ teaspoon pepper

In small bowl combine all sauce ingredients; cover and refrigerate.

Preheat oven to 350°F. In small bowl soak bulgur or cracked wheat in water for 15 minutes. In large bowl combine all remaining ingredients for loaf; mix well with hands or large spoon. Stir in bulgur or cracked wheat until well combined. Spoon evenly into a 9x5-inch loaf pan.

Bake for 1 hour. Drain off excess liquid. Invert onto serving platter. Serve with yogurt sauce. Makes 6 servings, about 345 calories without sauce. Yogurt sauce about 10 calories per tablespoon. *(continued)*

pineapple in half (save remaining pineapple for another).

After loaf has baked 30 minutes, remove pan from oven. ce pineapple on top; spoon ¼ cup glaze over pineapple l return to oven. Bake 30 minutes more. Remove pan to e rack to cool 5 minutes. Drain off excess liquid. Lift loaf n pan; peel off foil and discard. Then transfer to serving tter. Serve with additional glaze. Makes 8 servings, about calories each. Extra glaze about 30 calories per ta-spoon.

FOOD
GO GO GRILL
Give a great new twist to grilled sandwiches. Make them with Old English process cheese spread from Kraft and slices of canned luncheon meat. Spread the bread with margarine and grill. In a minute, you've got good eating everybody will go for.



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BEYOND THE MEAT LOAF

continued

FISH 'N CHIPS LOAF

A takeoff on the old tuna and cream of mushroom soup casserole.

1 can (13 oz.) or 2 cans (6½ or 7 oz. each) tuna, drained and flaked
1 can (10¾ oz.) condensed cream of mushroom soup, undiluted
⅔ cup oats (not instant)
½ cup chopped onion
½ cup chopped celery
2 eggs
1 to 1½ tablespoons Worcestershire sauce
1 tablespoon lemon juice
1 cup crushed potato chips

Preheat oven to 350°F. Grease an 8x4-inch loaf pan. In a large bowl combine all ingredients except potato chips and stir until well mixed. Spoon into loaf pan; top with potato chips. Bake 45 minutes or until loaf is lightly browned and begins to pull away from sides of pan. Makes 6 servings, about 270 calories each.

STUFFED CABBAGE IN A LOAF

For fanciers of German-style sweet-sour foods, this must be eaten with beer.

1 medium head (about 3 lbs.) cabbage, cored
2 bacon slices, chopped
1 cup finely chopped onions
1 garlic clove, minced
2 medium apples, cored and chopped (unpeeled)
2½ tablespoons cider vinegar
3 tablespoons brown sugar
½ teaspoon caraway seed
1½ pounds ground fresh pork
1 cup fresh pumpernickel bread crumbs
2 eggs
1½ teaspoons salt

Fill a large saucepot halfway with water. Bring to a boil; add cabbage and blanch for 10 minutes. Drain and rinse under cold water. Remove about 10 large outer leaves. Arrange 6 to 8 cabbage leaves, overlapping on bottom and sides of either a 2-quart ovenproof casserole or a 9x5-inch loaf pan; set aside.

Preheat oven to 350°F. Finely chop enough remaining cabbage to make 3 cups. In a large skillet cook bacon; add onions and garlic, sauté for 5 minutes. Add chopped cabbage, apples, vinegar, sugar and caraway seed. Cook for 5 minutes or until cabbage wilts. Spoon into large bowl and add remaining ingredients; mix well with hands or large spoon.

Spoon meat mixture into cabbage-lined pan. Use remaining leaves to cover top. Cover bowl or pan with foil. Bake 1 hour. Remove foil and bake an additional 30 minutes. Remove from ov[en] and let stand 10 minutes. Drain off excess liquid. Invert onto serving platter. Makes 8 servings, about 375 calories each. **End**

Ann Landers

continued from page 51

songs with dirty lyrics. And then there's television. If I were eighteen years old and watching television with a date when an ad for personal hygiene douches came on, why, I think it's outrageous. And so do a lot of my readers. If you're having the rabbi or minister to tea, you shouldn't have to face this bad taste—to be embarrassed by a machine.

"Anyway, there are other pressures on young women. With our better medicine and nutrition, their maturation process has accelerated three years in the last thirty. A girl now reaches puberty at eleven instead of fourteen and a half. Physically some of these girls are full-blown women at thirteen. When girls ask me whether they should 'give in,' lose their virginity, I have to consider many factors before replying: How old are they, how mature, stable?

"If I detect a girl is using sex for kicks, I warn her that she is heading for rea-l-l trouble. I tell her to cool it, and warn her of the risks involved. Some girls are emotionally disturbed—the girl doesn't enjoy sex, she just hopes the guy will take her out again. Or her father didn't love her and she's looking for male affection. In those cases I suggest counseling. But I can say nothing good about promiscuity. To me, sex has always meant a feeling of commitment."

Then where does she hold the line on sex outside of marriage? "It's a tough one," she admits. Eppie's face shows real concern. Her voice comes out as flat and corny as the state of Iowa. "If I'm going to be effective, I've got to be realistic. There's a lot of premarital sex going on out there. I can't live in a dream world. But I absolutely do not condone high-school sex. Th[is] girls who can h[old] ship before se[x]. When you're a[way] on your own w[ith] begin to deve[lop] stability. A w[oman] upset becau[se] pills in her [purse] was ninetee[n] months and[a] night. I said[,] That's not [a] good sens[e].

Now [I] like t[o] own[ed] of [a] flu[ffy] spo[rty] ba[by] w[ith] C[ute] da[rling] hav[e]

swinger. I've never been interested i trying this, trying that. I date no one i Chicago. Here I'm all business. I have few escorts but there's no romance. M dating is in other big cities. I have fou or five very interesting friends."

While Eppie would like to remarr she doubts she has met the man yet an wonders if she ever will. "He'd have t have pretty good credentials," she say with a laugh. "Someone in good phys cal condition, bright, stimulating, hon est, preferably a non-drinker, non-smok er, someone who cerebrates at a ver high level and whose own succe wouldn't be overwhelmed by mine. very good doctor or lawyer in his fiftie or maybe early sixties. Perhaps someon no one's ever heard of. Frankly, I woul have to be turned on by him."

Given her relaxed ideas on the sub ject, is there any chance she would hav a love affair? "You mean try it out se ually?" she says, delighted by the que tion. "I don't know. That's a big dec sion, but I wouldn't rule it out. You se I'm a square, midwestern, Jewish lad and it's never come to that. I can unde stand it for a Katharine Hepburn an Spencer Tracy, for young people wh haven't enough money to get marrie for women waiting for a divorce to b final, but, of course, I'm not in any those circumstances. You never kno though. Life is full of surprises, hone bunny. I'm the expert on that. Remem ber, never say never."

She sighs and glances out the windo at gray Lake Michigan. Then in a cheer voice: "Life is very good these days, ver busy and uncomplicated. I think peop pretty much set themselves up for wh they want out of life, don't you?"

"Back to conservatism"

How does she think the rest of th country will face the uncertainty change, especially in the realm of f

360 calories each. Glaze about 40[m] "Back to conservatism

ming back wit[h] the h[ig]

PINEAPPLE HAM LOAF

pictured on page 83

Horseradish adds zest to this loaf with a sweet-sour glaze f

Loaf
1½ pounds ground cooked ham
½ pound ground fresh pork
1 cup fresh bread crumbs
1 cup milk
1 egg
1½ to 2 tablespoons prepared horseradish
1 teaspoon prepared mustard

Glaze
1 can (20 oz.) pineapple slices in own juice
¾ cup firmly packed dark brown sugar
2 tablespoons cornstarch
2 tablespoons prepared mustard
⅓ cup dark corn syrup
3 tablespoons cider vinegar

Preheat oven to 350°F. Line the long sides and bottom of 9x5-inch loaf pan with a 10-inch piece of foil; let ends e tend. In large bowl combine all ingredients for loaf; m well. Spoon into loaf pan. Bake 30 minutes.

Meanwhile, prepare glaze. Drain pineapple slices, reser ing juice. In a medium saucepan combine brown sugar, corn starch and mustard. Add reserved juice, corn syrup an vinegar. Cook over medium high heat, stirring until it b gins to boil. Reduce heat and simmer 5 minutes. Cut 5 slic

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What's Happening

continued

continue, because it's safe. One thing I *can* tell you is that there will be no Jaws III. And that's II bad. It was to have been called "Jaws 3, People 0." But some mogul decided that it wasn't funny and so that picture will not be made. But, there are about a dozen *Star Wars* postludes on the Hollywood drawing boards. And Sylvester Stallone, who has never been successful in anything but a *Rocky* movie, will probably have made Rocky MCMLXXXVIII by 1989. There will always be movies. My question is: Will there be theaters?

FIRST-RATE FAMILY FILM

Parents are asking what movies they can take their kids to. The problem is that some kids are eight and some ten and some are 14 and we need a movie that *all* age groups can enjoy. And, so it shouldn't be a total loss, how about a movie that the adults would love to see, too? It's hard to believe, folks, but there *is* such a movie. It is called *The Black Stallion* and it's wonderful entertainment. Never gooey, never patronizing, it is a rarity: a movie rated "G" that is simply grand but never simple. The photography is breathtaking, and the performances just fine. This is the story of a little boy who is shipwrecked off the coast of Africa and who is rescued by a magnificent black horse who was being transported on the same ship. They swim to an uninhabited island, where the boy tames the wild horse before they are rescued and go to the United States. There boy and horse come under the protective friendship of a veteran horse trainer, which leads to the picture's climax. Mickey Rooney is the trainer, and he is absolutely right in the role. As the little boy, the producers came up with Kelly Reno, a 12 year old from Colorado. He'll win your heart. Caleb Deschanel's photography is superla-

tive, and Corky Randall, who trained the horse, should g special award. *The Black Stallion*, written by Walter Fa when he was still in high school, has sold more than e million copies in the United States. Hats off to Francis F Coppola's production company for bringing the book so fa fully to the screen. It's a first-rate family film.

A COMEDY TO CHEER

Little by little Burt Reynolds has been discarding his ma mystique as he advances to high-quality comedy; from man to glee-man in his new comedy called *Starting O* Burt plays an in-flight magazine writer who's marrie Candice Bergen. She writes songs and wants to be a d singer. And she does sing a clutch of Marvin Hamlisch tu (I *think* they're tunes; I won't know until I hear someb else sing them.) Candy has the worst voice ever heard side a shower, but she's a good sport to sing in public (Marvin Hamlisch has courage to let her). Burt and Ca divorce: She sets out in N.Y. to pursue her career and I sets out to Boston to pursue happiness. He checks in with psychiatrist-brother and his wife who are compulsive mat makers. They're determined to fix him up, and the first fi is Jill Clayburgh. Their first meeting is a cream, literally. screenplay by James Brooks is filled with flashes of wit with pain, which heightens the comedy. If the ending lea you vaguely discontented, think of all the wonderful thi that have gone before. You'll find *Starting Over* a comedy cheer about.

A JEWEL

Once in a great occasion a film comes along that make all worthwhile. Such a film is *The Europeans*, based on Henry James novel set in the middle 1800s, and pho graphed with love and lavish detail. The scene is the skirts of Boston where, in rural comfort, lives a family ster



FUSSY.



struggled in the Dutch resistence against the occupying Nazis during World War II. It follows the lives of six men from their early college days through the war—a disparate group from the incredibly courageous to traitors. The film is rich in characters, in its texture of the times, in the very feel of war and stealth. It is lightened with humor and stylish moments—impeccably cast, intelligently written, deeply felt and convincingly portrayed. It is a reminder for those who remember the war, a lesson for those who don't, and an engrossing drama for all.

GENE SHALIT RE-VIEWS

Alien, set in outer space in the distant future, is a rouser, a screecher—and a ton of fun.
Apocalypse Now is Francis Ford Coppola's celebrated and castigated effort, using the American war in Vietnam as an awesome vision of humanity. Not for children.
Beyond the Poseidon Adventure, complete with good guys, bad guys and sunken treasure, is just beyond belief.
Hanover Street is a romantic pot-boiler set in London during the Nazi air siege.
Hot Stuff—a nutty movie that's fun for fans of Dom DeLuise.
A Little Romance is truly romantic, a celebration of intelligent youth. Sir Laurence Olivier plays a charming old man.
Love and Bullets stars Charles Bronson—and there's not much else to say about it.
Moonraker gives us Roger Moore as a suave and jolly James Bond.
More American Graffiti should be called Less American Graffiti.
The Muppet Movie is grand entertainment for everyone, adults and children alike.
The Prisoner of Zenda, with Peter Sellers in a dual role, is doubly disappointing.
Rich Kids is an intelligent comedy about two Manhattan kids who are not fooled by their discontented patronizing parents.
The Seduction of Joe Tynan, written by and starring Alan Alda, is an intelligent story about an attractive and ambitious U.S. senator. Meryl Streep leads the marvelous supporting cast.
Yanks, a romantic drama set in England during World War II, is one of the finest of this season. With Richard Gere and Vanessa Redgrave.

ed by a rigidly moral father. He has two grown daughters oth overflowing with outward gentility and etiquette. But , Gertrude, is repressing a passion for life that would nish all who know her. Into this bucolic world there ar- s, without warning, two cousins of the family from Europe n almost un-married beauty of (she says) noble connection ee Remick) and her brother, a painter who has the ro- ntic proclivities of a Bohemian and who straight-away falls ove with Gertrude (Lisa Eichhorn) and she with him. He her fairy-tale prince and she will expel every fatherly, nilial convention to be his wife. Meanwhile, Eugenia (Miss nick) is being cautiously courted by Robert Acton, who ks the "I" that would transform Acton to action. The nes' novel does not tell us what we want to know about genia. These are enigmas left unanswered, and nicely so. nat makes *The Europeans* a jewel of a film is the most in- igent script, the exquisite performance by every member the cast and the gorgeous *look* of the film.

LES FROM REALITY

e new movie called . . . *And Justice For All* proves that n the best actors cannot save a wretched script based on idiculous premise. And Al Pacino *is* one of our best actors. and a strong cast all collapse under the bilge of what this vie has to say, namely that the American legal system is rupt and decadent, with every judge a sadist, a scoundrel a loon; facing lawyers who are money grubbing, devious, orant or endowed with improbable saintliness. There is nty wrong with the American system of justice; movies n't have to invent ridiculous situations to try to score points. e people who concocted all this may have their hearts in right place. Now, if only their brains were.

IGROSSING DRAMA

ldier of Orange is the story of the heroic young men who

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t's Not Easy

continued from page 29

Okay, Ducky. Either you clean up
ır act, or the cockroaches will put a
r Sale' sign in front of this house," I
ned him.
I'm not that bad," he said defensive-
"You're just too fussy."
I am not fussy. I am neat. There's
ifference."
I do some work around here too, you
w," said Carl, now pouting. "Don't
ow the lawn and shovel the snow?"
narrowed my eyes. "Sweetheart, we
in the middle of a desert. There is
tus in our front yard and it snows
e every twenty years!" As usual, we
ed up screaming at each other.
mentioned the situation to other
rried women and discovered that I
s not alone. Most of them advised me
keep peace and give up, as they had,
do all the work myself. But these
men, peaceful marriages notwith-
nding, were resentful and exhausted
st of the time.
Part of the problem, I decided, was
inability to talk to Carl about his
piness without losing my temper. I
ed myself if I had ever tried to iron
our differences in a calm, rational
. I had to admit that I hadn't. Yet I
w him to be a kind, reasonable man,
cerned with my feelings.

Had to communicate

also had to admit that I felt guilty
enever I asked him to do something
t I still felt was "women's work." I
ss, in my own way, I was a very
ditional 23-year-old woman. Was I
ry at myself and taking it out on
l? Possibly. One thing was certain:
d to find a way to communicate with
without risking another emotional
burst. Then I had an idea.
One night he came home from work,
e me my customary peck on the
ek, and ambled toward the bedroom,
ing clothes in his wake. In the cen-
of the bed sat a cassette recorder
h a note attached that read: "Please
n me on for an important message."
Good evening, Mr. Melin," said my
rded voice. "The house you are now
ding in is jointly owned by you and
r wife. Both of you work full-time to
ke the mortgage payments. Only one
ou keeps it clean.
The arrangement is not to your wife's
ng and she has threatened to self-
truct unless things change around
e. She may become increasingly ex-
sted and irritable.
Just think what an interesting person
could become if only she had more
time. She could take belly dancing
ons, learn to play the oboe, maybe
n discover new and exciting ways to
prepare eggplant. Most importantly, she could spend more time with you, finding different ways to show you how much she loves you.

"Your mission, Carl, should you decide to accept, is to pitch in and do your bit to keep your home from being condemned by the Board of Health. As usual, if you are captured by sloppiness, your wife, for reasons of mental health, will disavow all knowledge of your existence. Good luck, Carl."

Whether it was the absurdity of the message or the fact that *Mission Impossible* was one of his favorite TV shows, I finally got my point across. The recording was a major breakthrough.

The first thing we did was to draw up a list of the weekly household chores and divide them between us. One of his duties was to clean the bathrooms. He also assumed laundry duties, which he didn't take seriously until he ran out of undershorts. The changes were gradual. It took a lot of patience on my part, perseverance on his, and love for each other.

Today, Carl is a new man. He refuses to let me clean the bathrooms or do the laundry, for example, because he claims he's better at both. And it turns out he's a fabulous cook—he's shown more imagination in the kitchen than I ever did.

In a few months, the division of work in our house will probably be more traditional. We're expecting a child and, for the first time in our married life, I plan to be a full-time homemaker. Carl seems relieved, in a way, since he'll be able to relinquish a few of his chores. But he said something not too long ago that pleased me very much.

"You won't want to take care of the baby all by yourself, will you?" he asked, looking a little worried. "I mean, I'd like to do as much as I can. I think a father should be just as involved in raising a kid as a mother, don't you?"

I may have dishpan hands, but I also have a gem of a man. **End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.

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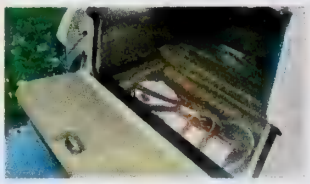
Range figures obtained by multiplying the 22-gallon fuel tank capacity by 21 EPA estimated MPG (city), 31 highway estimate for an '80 Caprice or Impala Wagon with available diesel engine. Not available in California at time of printing. See your dealer for availability. *Remember: Compare the EPA estimated MPG with that of other cars. Your mileage and range may vary depending on speed, distance and weather. City mileage and range will be less in heavy city traffic, your actual highway mileage and range will probably be less than the highway estimate. The New Chevrolet is equipped with GM-built engines produced by various divisions. See your dealer for details.



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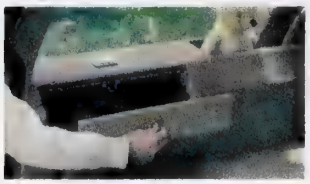

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THE COUNSELOR'S TURN

"Richard sensed that Susan was hiding something from him," the counselor said. "And what he called 'the missing piece of the puzzle' was, of course, Susan's long-term incestuous relationship with her half-brother, Steven. Steven had come into Susan's life just as she reached puberty, a time when she was terribly vulnerable and just beginning to become aware of herself as a woman. Because they had not grown up together, Susan did not think of Steven as a brother and even managed to convince herself that someday they would be married. Their affair, shrouded as it was in secrecy and made even more exciting by the constant threat of discovery, became the foundation for Susan's feelings about sex in general—that it was something shameful, illicit and only enjoyable if it was kept hidden.

"The exposure of the relationship, her mother's distress, her father's disgust, and what she saw as Steven's subsequent desertion and betrayal were very traumatic for Susan. Steven's rejection was internalized as, 'If I were worth loving, he wouldn't have gone off and married somebody else.' Her first marriage, made on the rebound, did nothing to raise her poor opinion of herself. It was little wonder that she entered her marriage to Richard with misconceptions of what a wife's role should entail and with anxiety about her ability to live up to what was expected of her.

"Richard unintentionally perpetuated her fears with his own behavior. It was one thing to have a strong, efficient wife in the work world, but in the bedroom he wanted to be the one in control. His teasing, though affectionate, reminded Susan of her father's taunts and made her unsure of herself. When Susan told him the whole story behind her feelings of sexual inadequacy, he was eager to help her. He also was extremely sympathetic about her relationship with Steven, and his attitude did much to relieve Susan's guilt.

"Part of my counseling with this couple *(continued)*

Can This Marriage Be Saved?

continued from page 11

with them. Nothing rattles him, and how we live sn't matter to him at all. Until my last raise, we were ng—all six of us when his kids were here—in a tiny, two-room apartment. Richard is an absolutely wonderful er, the children worship him, but I'm the one who has to the money to put food in their mouths, and you wouldn't eve the amount of food that gets consumed during those mer months.

On the other hand, I know that I'm letting Richard down n it comes to sex. He needs a woman who can open up give him everything. I did that once—with Steven. I just 't seem to be able to do it again. I'm self-conscious about body, especially when Richard makes comments about He's always teasing me and telling me to 'loosen up and ready' for his lovemaking. How can you make yourself sen up' when your body doesn't want to? It's especially ossible when the living quarters are so cramped and there children coming out of the woodwork. Some mornings n I'm leaving for work, Richard gives me a kiss and says, ke it easy today, honey. We're going to have a big date ght.' The rest of the day I'm a nervous wreck. I know giving me the whole day to get ready for the idea of sex, what if I'm *not* ready? What if I can't have an orgasm? el like I'm on trial. Richard puts too much pressure on me, it makes me feel like a failure as a woman.

Some women may not be meant for marriage. I'm afraid ay be one of them. If so, it's not fair to either of us—to hard or to myself—to keep on living together and making h other more and more unhappy."



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Can This Marriage Be Saved?

continued

involved basic instruction on the female anatomy. Most women who are anxious about their sexuality know little about their bodies, and that proved to be the case with Susan. Richard also had much to learn and he had to drop the notion that a woman could 'prepare herself' for lovemaking simply by being told it was going to occur. He also was unaware of how a woman like Susan could be affected by overcrowded home conditions and the distraction of children playing and chattering on the far side of a thin bedroom wall. I recommended some reading material, such as the *Hite Report*, which they both found helpful. The mere fact that the two of them were working on the problem together helped Susan to relax and find more pleasure in the physical side of their relationship.

"Despite her complaints about Richard's lack of ambition, Susan, like many other strong women, had been attracted to her man in the first place because of his easygoing temperament. Subconsciously aware of this, Richard had felt no real guilt about letting his wife assume the role of principal breadwinner. Examining the situation in counseling, he agreed that a more equal partnersh was needed and that it was time for h to take steps toward becoming financi ly responsible for his family. To Susa incredulous delight, he enrolled at t local university and is now an edu tion major, aiming toward a career a high school mathematics teacher.

"One thing I was able to offer Sus during her long and painful strug toward self-understanding, was the surance that she was not alone with h problems. Of the women who have co to me for counseling over the years, least sixty percent have been traum tized by incestuous experiences. By th I mean experiences of sexual intercou with members of their immediate fami If I extend this to include sexual exp ences that stopped short of actual int course, I can enlarge the number ninety percent. These encounters clude those with brothers and st brothers, fathers and stepfathers, uncl and—in a surprising number of case grandfathers. In Susan's case, there w no abuse involved. She was a willi partner. But this is not the norm. In t majority of instances, the girl child is unwilling victim, threatened with seve punishment if she reveals what h occurred.

"Susan finished her counseling months ago. She appeared happy wi herself and with her marriage. She among the lucky ones." **E**



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Journal Shopping Center

YARDAGE INFORMATION AND BACKVIEWS FASHION: FUN TO SEW FUN TO GO!

PAGE 78: BUTTERICK #6545, stretch terry dress, requires ⅞ yds. fabric, ⅜ yds. matching trim, both 60" fabric.
SIMPLICITY #9052, stretch knit shirt requires $1\frac{1}{8}$ yds. of 60" fabric for our dress version (approx. 10" added to length of pattern). Yardage based on girls' size 8.

PAGE 79: SIMPLICITY #8946, 2-piece child's jogging suit, requires $1\frac{1}{2}$ yds. of 60" fabric, $2\frac{3}{4}$ yds. braid trim for childs' size 8.
BUTTERICK #6926, 2-piece stretch terry suit, requires $2\frac{1}{2}$ yds., $1\frac{3}{8}$ yds. matching trim, both 60" fabric.

PAGE 80: McCALL'S #6555, blouse, and matching shorts (McCALL'S #6545) require $2\frac{3}{8}$ yds. 45" fabric.
McCALL'S #6620, child's blouse, requires 1 yd., cotton shorts require ¾ yd., both 45" fabric for childs' size 6.

PAGE 81: McCALL'S #6934, front zip jumpsuit, requires $2\frac{1}{2}$ yds. of 45" fabric for girls' size 10.
SIMPLICITY #9226, jumpsuit requires $3\frac{1}{2}$ yds. of 45" fabric.

All yardage approximate, based on Misses' size 10 unless otherwise noted.



BUTTERICK 6545



SIMPLICITY 9052





BUTTERICK 6926



SIMPLICITY 8946





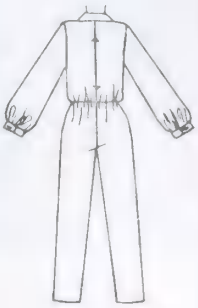
McCALL'S 6555



McCALL'S 6620



McCALL'S 6545





McCALL'S 6934

SIMPLICITY 9226

CHERYL TIEGS

continued from page 36

become more guarded. People try to take too much from me.

"I'm quiet by nature, anyway," she continues. "While other models might be chatting with the photographer, I go off and read a book if I'm not needed. I've just never been good at small talk. I give of myself to only a few people." As one intimate says: "It took three years and a chisel to know Cheryl."

Raised in the Quaker faith, Tiegs is very much a product of her gentle and mannerly upbringing. Model agency head, Nina Blanchard, recalls Cheryl's reaction when, at a dinner with a group of models, a man began to fondle a model who had just gotten married. "I could see Cheryl was steaming inside, although she'd never say a word," observes Nina. "Her comment later simply was: 'That's really tasteless.'"

Since Tiegs's career demands it, she spends a good deal of time working to stay in shape. "Sometimes I feel as though I spend my whole life exercising. An exercise specialist comes to my apartment three times a week for calisthenics." A manicurist pays house calls, too.

She claims no special diet, but takes a fistful of vitamins each morning. "Organized diets don't work for me," she says. "I simply stay away from fattening things. If I've overeaten on a weekend, I'll fast the following Monday."

At 32, Tiegs has enviable skin. She says she relies on a collagen night cream from Europe to keep her skin beautiful. At fashion shootings, she calls for moisturizer several times. One wonders, of course, about the possibility of cosmetic surgery. Legions of models and actresses have benefited from some form of skin re-draping or resurfacing. And Tiegs? "I was in and out of a plastic surgeon's office, but it was for my leg. I put it through glass on a modeling assignment, and it needed twenty-five stitches."

Tiegs's career began in 1966 when she was spotted by a magazine editor, who then called Barbara Thorbahn at Stewart Models in New York City. Thorbahn: "I took one look at Ch photographs and phoned to ask could meet her."

Thorbahn left for Tiegs's hom Alhambra, California, that night. of Cheryl's parents, her father T dore Tiegs, a North Dakota-born tician, and her mother, Phyllis, apprehensive. "But Cheryl just sat quietly," recalls Thorbahn. "I told she would be a superstar model s day and she said, 'That's great,' as i didn't believe it or take me seriou

Tiegs had barely begun colleg California State in Los Angeles v she was whisked away to New Yor arrived in New York on a Sunda June," Tiegs remembers. "I had little smock dress, with this short *cute* hairstyle. Barbara met me at plane and found me a place to li didn't know what to expect from a York modeling agency. I thought I m be walking into a hornet's nest."

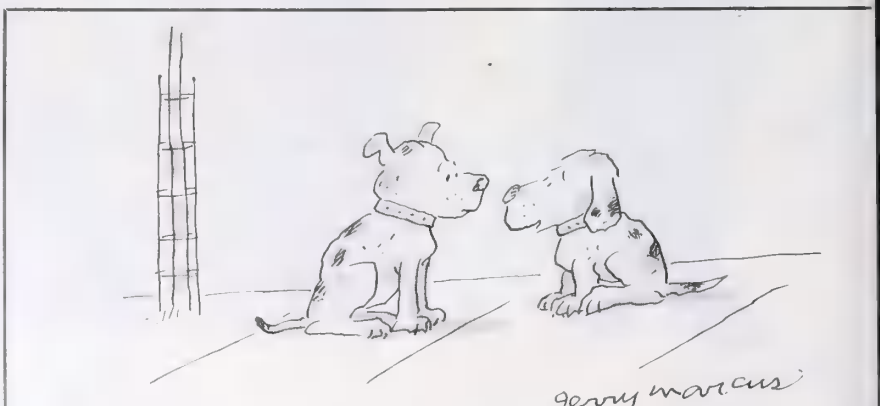
Instead, she discovered that ag often act as surrogate parents.

"An agency should make sure th girl is handling herself in the big c says Tiegs. "If parents are concer they should be able to call an agent find out how their daughter is d emotionally. . . . Mine did."

For a model like Tiegs who show ceptional promise, an agency will c rent and expenses, and even guara an income. "Even Lauren Hutton m the rounds for years before her m door—Revlon—swung open," says T bahn. But Cheryl began earning $ to $1,000 a week immediately. She did several covers her first montl New York."

It is a starting model's dream t photographed for a magazine cover. can work anonymously in showroom years, or earn substantial sums app ing in retail catalogs, but the spr board to the blockbuster cosmetic, fume, television and film contract magazine work, especially covers.

Tiegs has appeared on over covers. She worked so hard during first months in New York *(contin*



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CHERYL TIEGS

continued

hat she would often come home exausted and stiff, because of the difficult oses she had to maintain. At first, her ork all but eliminated a social life.

Then, one afternoon, nine months fter her arrival in New York, Tiegs, ith a photographer, went to the apartent of ad agency executive Stan Dragoti. "I remember having seen him before in a *Ladies' Home Journal* fashion feature [July 1966] on models and their husbands," says Tiegs. "At the time, Stan was married to another model. I remember looking at him and thinking, 'God, if I could ever meet someone like that!' There he was, all in beige and wearing beautiful boots. I was in the frumpiest dress . . ."

She pauses, seemingly savoring the memory of the encounter. "Bells went off. We were both in shock. It was love at first sight." [Later, in September 1968, the *Journal* photographed Cheryl with Stan in another fashion feature.]

While Tiegs was not a household name in the 60s, she was one of New York's highest paid models. She received steady modeling bookings, steady money, even film offers, which she declined.

Then the unspeakable happened: Tiegs started to gain weight. Slowly at first until, on assignment, garments had to be slit down the back to accommodate a rounded figure. Thorbahn put her ballooning model on a diet, which involved having meals delivered to her door. "I even took diet pills," says Tiegs. "But that was before anyone knew how bad they were for you."

Her weight gain came at a time when she wanted to get married, but Dragoti, gun-shy from his first marriage, did not. The pair lived together, on and off, for two years and Tiegs proposed several times. Finally, never that keen on New York City living from the start, she packed her bags for home.

Barbara picks up the pieces:

"I attended a party one night in Los Angeles, and Cheryl was there with a date. They looked so wrong together; Cheryl belonged with Stan. I went to my hotel room and called him. Then I phoned Cheryl and insisted she come right over. Cheryl and Stan talked on the telephone for two hours. It was right then they decided to get married."

The newlyweds rented a house in Los Angeles. It was 1970 and Tiegs plunged into domestic life with gusto. Friends fondly recall her taking cooking classes and turning out five-course dinners that included shaped potato puffs and mousse desserts. She climbed to her peak weight of 155 pounds.

"I learned something in the two years I stayed home," observes Tiegs. "I got bored and I got boring. And I was panicked because I wasn't sure I'd be thin again. I'd get depressed, go to the refrigerator and eat everything in sight. I'd step on the scales, burst into tears and eat a whole box of candy."

But in one year's time, Tiegs dropped 35 pounds, returned to her modeling weight of 120 pounds, and signed with Eileen Ford.

"It's no secret how I did it," Tiegs says of the weight loss. "I just cut out all fattening foods." She even resorted to a meager 400-calorie-a-day diet.

"It does no good to plead with a model to lose weight," says Eileen Ford. "Something has to happen," she says, pointing to her head, "up here. There's no room in this business for fat girls," Ford continues. She adds, emphatically, "A girl has to *want* to model. The ones who last are the ones who give. Like Cheryl. I wish I had a million like her."

Tiegs, a 14-year veteran of the career many schoolgirls dream of, says modeling has changed since she started. "Today, modeling is a profession," says Tiegs. "You learn lighting and makeup; you travel and become exposed to countless experiences. But if you don't apply yourself, you're only *lucky* if you make it to the top and, therefore, you don't stay there."

That statement, coming from Tiegs, should not be taken lightly. The world's most celebrated model works hard to correct her failings. If, on ABC's *Good Morning America*, she's had a lot to learn, just wait. Cheryl offers proof: "When I first started doing commercials, another voice was dubbed over mine. Now I do my own." Knowing Tiegs, she'll continue taking voice lessons until her delivery, like the rest of her skills, is perfect. **End**

What it takes to be a model

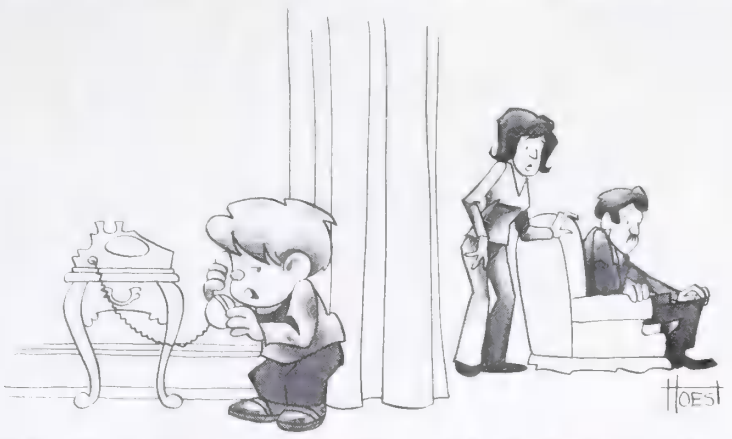
Height is where most would-be models literally fall short. New York modeling agencies accept 5 feet 7 inches as a minimum, and generally sign girls who are 5 feet 8 inches to 5 feet 9½ inches tall. Other physical requirements include wide-set eyes, a long neck, a straight nose and legs that are long from the knees to the ground. "Otherwise," says agent Eileen Ford, "a girl looks low-slung in photographs." Ideal weight varies with height, but 116 pounds on a 5-foot 8-inch frame is common. That figure may go a little higher in the coming decade: Ford projects that the look of the 80s will be more voluptuous, and models will have more bust and curves than those of the 70s.

Modeling, of course, is more than a matter of measurements. Says Tiegs: "Your personality must be right for modeling. If you think you can stand in front of a camera and look pretty, forget it. Emotions are half of what it takes to make a model. And you can't become insecure if someone says your arms are too long, or if a client looks you up and down. You have to treat all that as objectively as you can.

"Some girls don't reach the top because they lack the stamina. Or they become temperamental. A model also has to be able to handle meeting lots of different people."

Eileen Ford notes that her agency rarely encourages hopefuls on the strength of mailed-in photographs. "The majority of my models come through the door," she says. Most models who were not "discovered" by agency scouts, photographers or magazine editors, did just that—made a date for an interview at an agency to show a portfolio of photographs.

The quoted hourly rate for a top New York model today is $125 to $150 for fashion magazines. (Most agencies take a 20 percent commission off the top.) Advertising agencies and corporate clients pay top dollar, often opting for the flat "day" rate of roughly $1,250 if a session promises to run long. A single television commercial can gross a model five figures.



"I can't talk right now, Debbie. So just think about what I told you this morning in the sandbox."

Journal Shopping Center

HOME DECORATING: FIRST HOME-MAKING ENDS MEET

PAGE 68: Living Room: Floor of pegged knotty pin oak, random length tongue and groove, by Harris Mfg. Co., P.O. Box 300, Johnson City, TN 37601. Wall paneling, barnboard in original grade gray, by Vermont Weatherboard Inc., Hardwick, VT 05843. Track lighting by Halo. Fireplace, Energy-Mizer® by Preway Fireplace Co., Wisconsin Rapids, WI 54494. Sectional: three #900-435 corner sections, three #900-026 armless sections; armchair #733-329, ottoman #900-925 and armchair with woven fiber seat #27361 (from the Keepers Two Collection), all by Founders. Desk #F400-061, from the Four Corners Import Group by Thomasville. Fabrics: "Scot's Way" color 38 MacLean on sectional pieces; "Raffia" in colors 52 ice, 55 bluebell, 33 red, "Suede" in color 30 red, covering throw pillows, and "Skylar" color 33 cinnabar on chair and ottoman, all 54" wide, by Covington Fabrics, 237 Fifth Ave., N.Y.C. 10016. Lamp with basket base, by Donald Robinson, P.O. Box 19982, 1015 Collier Rd. N.W., Atlanta, GA 30325. Telephone, "Contempra," by GTE. Border on sisal rug designed by Scruggs-Myers, executed by Joseph Bushman.

PAGE 70: Bedroom: Bed, queen-size white painted metal, #12901-455, from the Golden Era Collection; bamboo armchair #F500-187, and woven rattan trunk #F600-380, from the Four Corners Import Group, by Thomasville. Cabinet with door #27401 from the Keepers Two Collection, armchair #719-334, and ottoman #340-928, by Founders. Fabrics: "Ramona" color 14 on chair and ottoman; "Suede" color 30 red tablecloth, color 100 ivory throw pillows, and "Raffia" color 55 bluebell banding curtains, all 54" wide, by Covington Fabrics. Pillow shams and comforter in "Country Star," dust ruffle and curtains made from "Quilting Bee" sheets, all by Cannon. Basket lamp by Donald Robinson. Woven throw on wicker trunk from Willow Oak Antiques.
Dining Area: Table #27343 and rattan side chairs #033e2 by Founders. We recovered seat cushions in "Seton" color 38 rust, 54" wide, by Covington Fabrics.
Kitchen: Flooring, Premier Sundial Solarian #66811 white, "Manchester Brick," by Armstrong. Mobile cart #27185 by Founders. Wall cabinets, "Princeton" and base cabinets, "Canterbury," in solid oak by Overton Cabinet Co., P.O. Box 848, Kenly, KY 27542; stained with Fuller O'Brien's Penn-Chrome wood finish #640-13. Countertops and backsplash of Butcherblock Formica. All appliances from JCPenney. Restaurant grill by General Electric. Wall grids #1100, utensil rack #1102 and bin #1103 in chrome, enameled cookware by Copco, 11 E. 26th St., New York, NY 10010. French mugs, hotpads, skillet, crepe pan, and frying pans of carbon steel with wood handles, by Taylor & Ng, 400 Valley Drive, Brisbane, CA 94005.

PAGE 71: Deck: Park benches, natural finish hardwood slats with painted steel frame, #8015109, $99.95 ea. K-D, including shipping, from Yield House, Dept. 4200, North Conway, NH 03860. Folding chairs from Bon Marche, 74 Fifth Ave., N.Y.C. 10011. Rocking chairs by A. L. Shaver & Sons, Inc., P.O. Box #1408, Statesville, NC 28677. Fabric for tablecloth from Fabrications, 146 E. 55th St., N.Y.C. 10022. Napkins and place mats, from Henri Bendel, 10 W. 57th St., N.Y.C. 10019. Plates, "Country Clay" 10" pie pans, by Copco. Flatware stainless steel with oak handles, by Taylor & Ng. Bird feeders #164 by Hyde Bird Feeder Co., Waltham, MA 02154. Oak basket from Coker Creek Crafts, P.O. Box 95, Coker Creek, TN 37314. All plants from Orchids and Exotics by Dell.
House exterior, reverse board and batten fir, finished with Olympic custom-tinted translucent stain. Windows, double-paned casement, by Universal Window Co., P.O. Box 3215, Charlotte, NC 28203. Sliding doors by Binning Building Products, Lexington, NC 27292.

JANUARY RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchens and advertisements. All have been tested by our home economists.

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ORGANIZE

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Day party, spent the entire morning puttering. Joan, on the other hand, planned so much for one day that she just couldn't do it all.

Most of us probably see a little of Betty and Joan in ourselves. We lead busy lives, trying to balance time for family, homemaking, job, volunteer work, leisure activities. It's easy to come away from a day, a week—or even a year—with the sense that there wasn't a chance to do what we really wanted. Take a minute right now to take our test (see below). If you score seven or more points, you're not managing time as effectively as you could—and that may mean you're not accomplishing some of your goals.

You can't make time slow down. You can, however, take control of your share and make it work for you. With a little planning and a few tricks from time management consultant Dr. Robert B. Settle, you can use each day and month and year to accomplish all you want. Though time will keep rolling along, you'll feel that it slowed down just a bit, because you made the most of each minute. Here are eight ways to put time on your side.

1. **Right now, decide what you really want from your time:** A great deal has been written lately about the importance of organizing time. And a certain amount of organization is essential. Yet, as Dr. Settle, an associate professor of marketing at San Diego State University, points out, all the structuring, arranging and keeping busy in the world won't do you any good if you're not achieving your life goals.

Joan, for example, appears to be the model of efficiency as she whittles that pile of papers down to nothing. But what good did that do her? Her main objective is to run a successful business; therefore, analyzing weekly sales fig would have been a far more profit use of her morning. A staff mem could have shuffled through the pers, while Joan planned the sel strategy for the year ahead. The to productivity in any endeavor, exp say, is *effectiveness* rather than effic cy. Or, as Dr. Settle puts it, concent ing on "doing the right thing" and just "doing the thing right." Tho Joan did a fine job of sorting, she cused on the wrong project. That's she doesn't have time for everythin

How do you make the most *effec* use of your time? First, decide on priorities. Take out a sheet of paper draw a line down the middle. On left hand side, list everything you w like to accomplish in 1980. Include ery goal you can think of, the pract ("redecorate the family room") as as the abstract ("enjoy life more"), don't be afraid to add those that s like pure fantasy or whim. Now, on right hand side, list what you wish accomplish today—the usual day-to-fare and the steps to those long-ra goals. This is what time-managem people call a daily to-do list, and s of your tasks may resemble these:

- have car tires checked
- hand in report to boss
- pick up paint swatches
- take Spanish lesson
- clean house for party

After completing your to-do list, r each task according to priority. Mar A, which indicates top priority, be the tasks that help you accomplish big goals. Taking a Spanish lesson, example, is one step to a long-range of learning to speak the language ently; handing in a report to your bo one move closer to a promotion. O tasks, like having the tires checked, an A simply because they're urg (Settle recommends putting a TC a each urgent task. This stands for *t critical*, a reminder that these ch aren't the same as those *(contin*

The Test of Time

1. Do you ever get the feeling that there just aren't enough hours in a day?
   A. No B. Occasionally C. All the time
2. How many terrific things happened to you last month?
   A. At least five B. One or two C. None that I can think
3. How often are you right on time for things?
   A. Always B. At least half the time C. Practically never
4. Do you ever catch yourself just puttering around?
   A. No, never B. Sometimes C. A lot
5. Think of the New Year's resolutions you made last January. Have you accomplished any of them yet?
   A. Yes B. No C. Resolutions? I haven't made any in years!
6. Describe your day so far.
   A. Productive B. Fairly productive C. A disaster

SCORING:

For each A answer you circled, give yourself one point, for each B answer two points, for each C answer three points. Total your score.

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ORGANIZE

continued

that help you reach your goals.) Your B's are necessary they're just not as important, nor as urgent, as the A's. ing up the paint swatches might be a B. The C's, your priority tasks, are often just "busy work" in disguise. Clea before the party, for example. If your house is alread good shape, why spend hours cleaning? Perhaps one of long-range goals is to enjoy life more, but if you're exhau preparing for the party, you defeat your purpose. Le hidden dust go, read a good book and unwind. Time agement experts say that many C tasks never need do the key to productivity, remember, is *effectiveness,* not ciency. Spend time on what's important. You'll know w important if you ask yourself, "Do I *really* need to do right now?"

2. **Get a calendar—and use it:** Now that you've dec what you really want to do with your time, you have to fi out when to do it. If you don't arrange time for impo tasks, you're apt to keep putting them off.

After making a list of things to do—personal projec well as business or social appointments—schedule them calendar and then assign a completion deadline. One of ty's problems is that she doesn't structure her day at making her a victim of Parkinson's Law, which says wor pands to fill the time allotted. Betty gives herself all mor to pick up the kitchen, and so it *takes* all morning. If sh a deadline, "11:00—start planning hospital guild party," probably be out of the kitchen by then. (Betty also has a tering problem, but more on that later.)

When planning your schedule, keep in mind that there certain periods when you work better than others. You p ably know by now whether you're a "lark" (morning per or "owl" (night person). Use your high-energy time for ing care of important projects and your low-energy tim more mundane tasks. Boutique owner Joan, who's more than owl, could have easily sorted through her pile of pa in the evening while watching television, because so doesn't require a lot of energy or concentration.

Also, when planning your days, don't lose track of t long-range goals. Deadlines help here, too. Sometime course, the big projects seem so overwhelming that you even know where to begin. But one trick for getting sta according to Settle, is to simply "bite off chunks." In words, take one step at a time. Say your long-range ob tives for 1980 are: a new job, take a dream vacation, l gourmet cooking skills. A week's "chunk" might be: typ a résumé, pick up travel brochures, try one new recipe.

3. **Kick the puttering habit:** You made a list of g scheduled them on your calendar and set deadlines. But terday, instead of taking care of your projects, you putt around. What went wrong?

Perhaps the prospect of tackling a big task bothered so you occupied your time with an unimportant chore- cleaning out the paper clip dish on your desk instead of m ing a necessary phone call; or, in Betty's case, reading morning paper three times instead of planning her volun group's party. Sometimes puttering is good for you. Aft stressful day, it helps you relax and unwind. But it has a of getting out of hand and then it's just plain procrastina

How do you tell when you're over-puttering? Ask your "What have I accomplished in the last fifteen minutes? the answer is "practically nothing," then ask yourself, "W am I avoiding?" Once you determine the reason for proc tination, Dr. Settle suggests two ways to overcome it.

- *Convert static inertia to momentum:* You probably more puttering when your energy level is low. You feel s gish from the lack of activity—and that makes it hard to up for the important job. So, build up *(contin*



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ORGANIZE

continued

momentum slowly. Instead of telling yourself that you have to clean the entire refrigerator, decide to spend ten minutes doing the top shelf only, leaving the rest. When ten minutes are up, stop if you want. But chances are those ten active minutes will have generated a spurt of energy, and you'll keep working.

▪ *Try a little behavior modification:* Reward yourself for a job well done, even if it was only a little job. Promise yourself that after cleaning the refrigerator, you can sit back and enjoy a cup of coffee. (The other side of the bargain is no coffee until the job is finished.)

4. **Be on time for everything:** Tardiness is another big time-killer. Whenever you arrive late for an appointment, you feel flustered and distracted—and it takes at least a few moments to compose yourself and devote real energy to what must be done. It also may set up a whole chain of tardiness that affects the rest of the day. In order to make up for your late arrival, you stay at the first appointment longer than planned; you fall behind on the next appointment . . . and the next. Your day becomes a shambles.

If you have a tendency to run late, the fault may lie in bad planning. Here's an on-time trick to try: Instead of concentrating on the time you're supposed to arrive—as you probably do—focus on setting things in motion to get to your destination. Prepare a short list of all that you must do ahead of time. Then decide how long each step will take and subtract the figure from the time of your appointment. If your doctor's appointment is at noon, say, and it takes 20 minutes to drive to her office, you should be out the door by at least 11:40 A.M. If it takes you 30 minutes to dress, you should start no later than 11:10 A.M.—that's the time to keep in mind.

5. **Find hidden pockets of time:** Pull out your calendar and take a look at your schedule. Do you see ten minutes here and there that could be put to better use? Often the extra time you're looking for is right under your nose. Consider, for example, the minutes you spend waiting in line at the supermarket or bank. If you carried a book or magazine in your purse, you could use the time to read—instead of getting annoyed. Do double duty with other periods of time. Work on needlepoint while watching television, keep writing paper by the telephone so you can dash off thank-you notes when your calls are on hold. And don't ever scoff at five minutes. In five minutes you can make an airline reservation, buff your nails, mist a dozen plants, or change the light bulb at the top of the stairs (the one that's been out for a week).

Another wonderful pocket of time is early in the morning, before the rest of the world gets up. Carol Bellamy, City Council President, New York City, begins work at 7:00 A.M. because it's the only time of day she knows she won't be interrupted. People with owl temperaments may prefer to work late. Use the hidden pocket that works for you.

6. **Save private time for yourself:** Private time may seem like a luxury. Psychologists say, however, that a certain amount of privacy is a necessity. Be sure to include a healthy amount of private time in your weekly plans.

You may want to set aside a few minutes after dinner to sit back in an easy chair. Tell your family, "no interruptions." Or relax by systematically tightening and releasing muscle areas—starting with feet, calves, thighs and working up. The new strength you feel will boost your spirits for the rest of the evening.

7. **Measure your progress:** You may be afraid to evaluate your progress because you suspect that it has been minimal, or even nonexistent. Yet you're probably grading yourself anyway, in an off-handed, nonproductive way. For example, a colleague is promoted, and you ask yourself, "What will happen to me?" Or your neighbors go off to Hawaii, and you wonder, "What about the dream trip we were going to take?"

Since you're already evaluating yourself, why not try a more constructive approach? Cross off every job on your to-do list as it's completed. At the end o day look at your list and note wha didn't do. Was a task unfinished s because you didn't allow enough Tomorrow, make sure it's assigne larger block. Or maybe you atte the task when your energy was f switch it to a high-energy time slot haps you procrastinated; if so, u techniques mentioned under putt

At the end of each month or s recheck your lists. Add new long goals and cross off the ones you' complished already. When you s goal that you can't seem to beg accomplish, break it down into s steps and assign a new deadline.

Another way to keep track of pr is to make a personal time capsul a shoe box with a few things that r your life right now—a photogra yourself, a few of your feelings bled down on paper, a letter fr friend, an office memo that menti project you wish to start. Store the then pull it out in a year's time. Di lose the excess ten pounds that the to shows, solve the problem your f mentioned in the letter, finish the p at work? Though you may not hav all your goals, chances are you did than expected. And just looking at feelings on paper will give you the that you've grown as a person and the year has indeed been fruitful. time capsule may inspire you to even more challenges next year.

8. **Enjoy yourself:** When drawin your lists and schedules, keep in that the main goal is to make the of your time. You want to enjoy you You shouldn't be so caught up in ning your life that you're not liking

After trying the time manage suggestions for a few weeks, ask you how you feel. Are you still a little zled? It may be that you're mana your time too rigidly. Loosen up a You don't have to be constructively cupied every single minute.

Dr. Settle also stresses that you sh treat yourself to celebrations. What you do on your last birthday? Perh there was a cake—maybe even dinne the town—but was it any different the birthday the year before or the before that? This birthday find a way to celebrate. In fact, fill the with celebrations, and don't con celebrations with rituals. Rituals—t traditions you come back to again again—are important, but over the y they tend to blend together. You need events and activities that vary f one year to the next, that make the meaningful and distinct.

What about a romantic trip for the two of you, a totally new hairst a big, backyard barbecue for all y friends? Make time special so you look back and say, yes, it was a good year.

HOW AMERICA LIVES

How Does Your Family Have Fun Together?

How does your family spend leisure time together? How do you, your husband and the children have fun, of an evening, on a weekend, on vacation? We are planning a major story that takes a long look at fun in America, with a focus on families together, enjoying one another's company in pursuit of common pleasure. Do you go camping or water skiing? Cross-country driving or picnicking in the park? Do you work jigsaw puzzles, make pottery, weave rugs? Spelunking or hang-gliding? Shopping or state-fairing? These are just some samples. Tell us about your family's leisure-time doings in as complete detail as you wish, including specific activities, time involved, who does what, money spent, records (including pictures) kept. We'll be devoting a major portion of a summer issue to the results of this survey, including reports and pictures on what you *are* doing and suggestions for things you *might* do. Send letters to:

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Growing Things

continued from page 72

the move either. She was too tactful to call Williston "the sticks" but she did mention she was taking driving lessons now that they lived "way out here."

Carpy was an all elbows and knees sort of kid, with an experienced look in his eye that made him appear older than Joel, although they were both in sixth grade. Now, with a slightly derisive twist to his upper lip, he asked Joel, "How come your mom's a tree freak?"

"She just likes trees," I heard Joel answer as I went back into the house to fold handbills while I waited for the telephone to ring.

Despite the new sign, my only telephone call that day was from Betty Simmons. "Hi, Sarah, I'm calling about the luncheon next week. You're on my telephone tree."

A telephone tree wasn't exactly what I had in mind, but Betty's call gave me a chance to ask about her son, Mark, whom I hadn't seen in weeks. Betty made some vague comment about Mark's being terribly busy with football practice, then she hurried on to other calls.

That was in early September when the leaves on the trees hung as still as the painted leaves on the sign. Two weeks went by. At least I still had my Wednesday job with the arboretum—cataloging and labeling trees in Burmont Park. Then one Saturday, Carpy arrived with the morning mail.

"Hey, they want you to check out a special tree," he said, handing me a postcard. While he stood there grinning, I read that "The Clothes Tree" was inviting me to its annual clearance sale. Fortunately for Carpy I was already on my way to the front lawn where I could vent my hostilities pruning the ailanthus, which was encroaching on my sign. It was too healthy to destroy, and too aggressive to tolerate, so cutting it back had become a regular chore. I was getting to be my own best customer.

Greg was sympathetic as he left for a conference in Chicago. "Don't worry," he said, "any day now customers will be burning up the wires and knocking down the doors." Then he kissed me good-bye and sprinted toward the plane.

Driving home from the airport, it seemed to me that the Williston Tree Service was a personal fantasy. What was there about it that was anchored in reality? A set of expensive tools in my station wagon, a homemade sign, a few unproductive ads and a silent telephone.

Now as I turned into the driveway, barely five minutes ahead of the school bus, even the sight of my sign on the front lawn didn't exhilarate me the way it usually did. Today it seemed faded, overshadowed by the intrusive ailanthus.

The school bus shuddered to a stop, and first Katie catapulted out of it, then Joel and Carpy. Carpy's voice came easily through the open windows as they scuffed through the first of the leathery autumn leaves. "My grandmother had this pocketbook that she was always leaving around somewhere, okay? Then she'd give me a quarter to go get it for her. Next thing you know, she'd be sitting out in the front yard, and somebody would come by, and she'd forget it again, okay? So if I needed bowling money, all I needed to do was kick the pocketbook under the porch a few times and there was my bowling money."

I waited for Joel's horrified reaction, but all Joel had to say was, "Squirrels do that with acorns. Forget where they put them sometimes."

"Yeah, we have an acorn tree in our yard," Carpy said.

"There's no such thing as an acorn tree," said Katie with contempt.

Carpy reached up and pulled a spray of leaves from a low-hanging maple. "Wanna bet?" he asked.

"A dime and a nickel," Katie answered quickly.

"She's not old enough," Joel interjected without bothering to point out that the tree in question was an oak.

Katie glared at Joel. "A dime and a nickel," she repeated.

"I don't take candy from babies," Carpy sneered. Then he grinned. "I don't even take quarters from my grandmother anymore since my mom got mad and practically accused me of stealing. Couldn't she figure out if I wanted to steal, all I had to do was open the pocketbook; which I never did." He tore one of the maple leaves from its stem just as Joel warned, "Watch out, there's a ladybug on that one."

"Do you think I never saw a ladybug when I lived on North Ninth Street?" Carpy asked. "They don't bite."

"My mom buys those ladybugs by the gallon. They're expensive."

Carpy's jaw dropped. "Your mom buys bugs?"

"They're good for the garden," Joel told him. "It's ecology."

"Ecology," Carpy repeated. He picked up the ladybug and with exaggerated care set it on a nearby lilac. "Wait'll the kids back on North Ninth Street hear what kind of town I moved into. Imported bugs!" He took off at a jog, cutting through the Myersons' yard.

I could hardly expect Carpy, a child raised in an urban world, to appreciate that a battalion of ladybugs patroling the garden would substantially cut insect infestation. What was par for the course in one environment was frequently unheard of in another. Certainly I couldn't have gotten along without a driver's license as long as Nancy Carpenter had. But so many things ab Carpy made me uneasy.

Since his arrival, Katie and played gin rummy instead of Scrabl blackjack instead of Parcheesi. E badminton had been replaced by sti ball and kick the can. Something ab Carpy was as tough and persistent a weed. Yet what could I do? Forbidd Joel to see Carpy was impossible. T took the same bus to school every d and they were in the same class wh they got there. Something else bothe me, too. Carpy was eleven years Wasn't that a little early to give up o person, I asked myself, as the ph rang and I went to answer it.

"I have this tree," my caller said.

I drew in my breath and held it, most afraid that if I exhaled her wo would scatter in the whirlwind.

"It's a hawthorn," she continu "There's this slimy liquid oozing throu the bark."

"Sounds as though water pressure built up in the heartwood," I told and promised to take a look at it in morning. I felt like dancing around room, but instead I grabbed Katie hugged her, and would have hug Joel too, except that he squirmed av from me.

The hawthorn responded beautifu as I drilled holes and inserted pipes them to relieve pressure.

"Will it be all right?" Mrs. Tilson, tree's owner, asked. "The birds love

I assured her it would. This was w I had missed while working at arboretum—working with trees peo personally cared about.

"How did you come to call me? asked.

"A Mr. Carpenter, whom my husb works with, gave us your name. He s you know everything there is to kn about trees."

I could hardly tell her that I had n er met Mr. Carpenter, so I just smi and said, "Well, not quite everythi but I can solve this problem." Then I packed up my equipment, she m tioned that her neighbor had a sil maple with a piece of fence post bedded in it. Would I have time to t care of that?

Would I have time? It was all I co do to remember to look at my wa before I assured her I'd be delight The piece of fence post took longer t I expected. Joel and Katie were sitt on the back step looking forlorn wh I arrived home.

"How long have you been waitin I asked. They couldn't have lool gloomier if they'd been waiting a we

"We just got here," Joel said.

If that wasn't the problem, what w

Katie didn't keep me in suspen "Carpy stole a bike," she announc with a small, pleased smile. *(continu*

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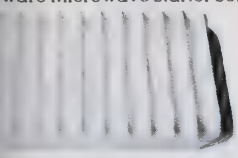
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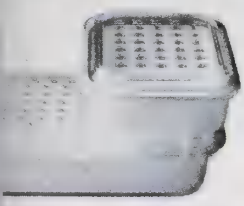
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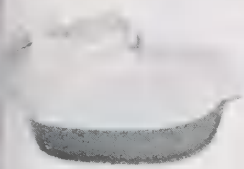
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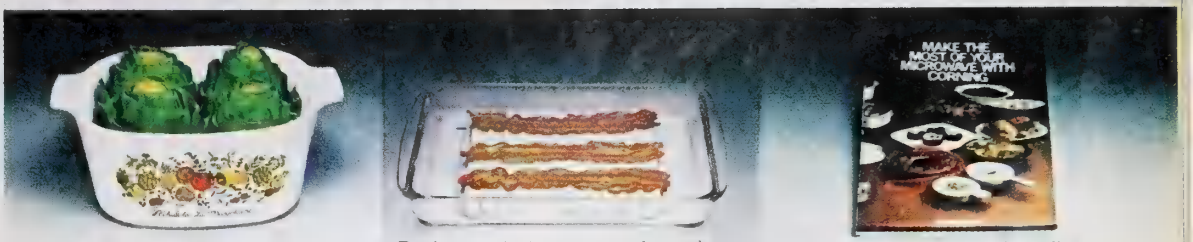
Hot, buttered corn with no mess in a Corning Ware skillet. 7 minutes.



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Reheat a latecomer's dinner right on a Corelle livingware dinner plate.

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Growing Things

continued

e got suspended," Joel added, "but
s his bike."
rpy didn't have a bike. Certainly
realized I knew that.
e stole Mark Simmons' bike," Katie
ed.
el gave Katie a withering glance.
e you there?"
et's go into the house," I said, "and
you better tell me all about this."
ey trooped in scowling at each
. I took my time opening kitchen
ows and pouring two glasses of
which I gave to Joel and Katie.
I turned to Joel. "Were you there?"
Where?"
e was in the lunchroom," Katie
"I saw him."
ll right, Joel, tell me why Carpy
uspended."
ecause Mark Simmons is a welcher,
why."
ell me from the beginning." This
I allowed some of the impatience
to show in my voice.
el drank thirstily, then set his glass
e table. "At lunch time, Carpy and
were playing cards in the school
over by the water fountains, and
y won the bike. Then when he went
le it, Mark welched and told Mr.
nton Carpy stole it. Carpy said
of the kids on North Ninth Street
welched. He wishes his father
l get switched back to the city."
at wouldn't exactly devastate me,
didn't say that to Joel. "Does Mr.
nton allow gambling in the school
" I asked.
o, but then they should both get
nded."
at was true, but I couldn't believe
g Mark suspended too would make
appy. "Why are you so sure Carpy
ing the truth and Mark isn't?"
sk anybody. The whole school yard
."
that case, don't you think some-
night tell Mr. Thornton?"
l looked directly at me, and then
es slid away. "Nobody has yet,"
rted before he ran out.

e sat unperturbed until she heard
eps overhead. Then she declared
lly, "Carpy's a stealer."
m the day I first met Carpy, I
ictured his future as a confidence
r worse, but maybe I had a prob-
loser to home. Katie, with her blue
nd gentle expression, had all the
gs of a hanging judge.
tie, you didn't see what happened,
oel and I didn't either. We can't
e who's telling the truth until we
more."
e can't?"

"No, we can't."

Katie slid from her chair and concentrated on lining up each foot directly ahead of the other as though she were walking across a tightrope. When she reached the doorway, she looked up.

"Okay," she said, "but I bet you a dime and a nickel Carpy's a stealer."

The unseasonably warm weather disappeared with the night, and we woke to a bright, apple-crisp morning. I had barely surfaced when the telephone brought news of two more customers. One needed some pruning, which I scheduled for winter. Another needed a trunk cavity filled, which I set up for tomorrow since today I would be tagging trees in Burmont Park.

"A trunk cavity?" Katie asked at the breakfast table, "What are you, a tree dentist?" She leaned back in her chair immensely pleased with herself. When her brother didn't laugh, she looked at first puzzled, then hurt.

"Would you like a peach on your cereal?" I asked her.

She shook her head. "I don't like to eat furry things."

"You're weird," Joel taunted.

Katie's eyes opened wider and she stared at her brother, a spoonful of cereal halfway to her mouth. Her unusually happy morning face seemed about to collapse. Then, looking hopefully at Joel, she said, "Mark Simmons is a welcher."

"*Really* weird," Joel said, but he winked at her, and the *(continued)*



Growing Things

continued

pleased expression came back into her face. She winked back.

In Burmont Park the musk aroma of evergreens scented the air; a thin layer of new fallen leaves clung to my boots wherever I walked.

I was attaching a label to a paper birch when I looked up and saw Carpy sauntering along the path.

"Hi," he said. "What kind of tree is that?" Did he think that if he acted as though being suspended from school was the most ordinary thing in the world, I would believe it was?

"Paper birch."

"Oh," he nodded as though that was a very important piece of information. "Paper birch," he repeated while he studied his fingernails.

I moved on to the next tree, and so did Carpy.

"What kind's this one?"

"Paper birch."

"Oh." That exhausted the conversational possibilities of paper birch. "How about that one? Over by the acorn tree?"

Katie would never forgive me, but I couldn't let that go by. "That isn't an acorn tree. It's an oak."

"Over by the oak," Carpy said amiably. "What's that one?"

"That's a horse chestnut." Then, to throw in a little education because, after all, he was missing school, I asked, you remember Longfellow's poem? der the spreading chestnut-tree th lage smithy stands'?"

My question drew a blank loo heard of Longfellow."

"The tree he was writing about really a horse chestnut, not a chest

"That makes sense," Carpy ag with a smile. "What would a smith doing with a regular chestnut tree, he could have a horse chestnut?"

What indeed? Carpy looked pleased with himself, he reminde of Katie. For the first time since I'd him, he seemed like a kid.

"By the way, tell your father people he recommended me to the other day."

"Yeah, I told him you were a freak. My grandmother's a tree too. Only she doesn't work at it."

"How does your grandmother Williston?"

"Well, she's used to things being by. She liked sitting out in the yard. Everybody who went by said to her."

"It must be hard leaving your ho I tried to think of how I would fee rounded by concrete and steel.

"Yeah." The shadowed look back into Carpy's eyes, and I almost feel the fragile line of comm cation between us snap. We pass covered bridge and took a steep upward to where the playground I thought it was his interest in sk boards that lighted Carpy's face, wasn't. "Hey, there's Gran's tree shouted, bounding toward a str ailanthus that had somehow man to hoist itself out of the powdered h dirt. Nobody planted ailanthus, not the birds. It was a weed tree. T looked at Carpy's face and saw what was a pesky weed tree to a surgeon represented home to a planted city child.

"Come on," I told him, "let's loo a seedling."

We found one I hoped wouldn too ferocious, and took it back t station wagon. As we drove hom hoped Carpy's grandmother wou as pleased with the ailanthus as he When we were within a few bloc his house, I asked, "Will you be in s tomorrow, Carpy?"

His face tightened. "I have to g the principal with my mother and f tonight," he said.

"Well, good luck."

"Good luck," he said wryly, "is got me into all this trouble."

We turned into his street, and Mark Simmons sitting on the curb the controversial bike propped ag a hedge.

"You won it," Mark said. "I Thornton what *(conti*

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Growing Things

continued

happened. He said he'll straighten everything out when sees you and your parents tonight."

"Hey," Carpy jumped out of the station wagon and rubb one hand along the bike's fender. "That's neat."

"Yeah, I thought my dad would pulverize me if I lost t bike." Traces of apple green showed through where some the gray paint had chipped. Mud clung to a few spok "Guess it could use a bath," Mark said.

"It looks fine." Carpy sounded the horn and grinned.

Mark took a piece of rag out of his pocket and flicked over the seat, then shined up a reflector. "The chain po sometimes. If the front wheel squeaks, just give it oil."

Carpy gazed thoughtfully into the distance, then back the bike. "What does it like for breakfast?" he asked.

"What?"

"Forget it."

"I better show you what to do about that chain."

"Okay," Carpy set the ailanthus down and said, "Let's ta the bike over there under the acorn tree."

"Acorn tree!" Mark practically hooted. "That's no aco tree."

"I'll bet you this bike that's an acorn tree," Carpy sai "How much did you pay for this hunk of metal anyway?"

"Twelve dollars."

"Okay, you put up twelve dollars, and I'll put up the bik

"It's a deal."

I looked at my watch. "So long, boys, I have a race wi a school bus."

Before I turned the corner, I caught a glimpse of Carpy face in the rearview mirror. He didn't look like a kid abo to lose a bet. Not to me anyway; to me he looked like a wi ner—a blue-ribbon winner. I was glad it hadn't taken Jo quite so long to figure that out.

With two minutes to spare, I pulled into the driveway. M sign on the front lawn had a weathered but welcoming loo The ailanthus seemed to have grown taller and shaggier sinc this morning. For the first time, it seemed to me that th hand-painted sign and the shaggy tree could peacefully c exist after all. **En**



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Editor's Diary

THE JOURNAL CELEBRATES WOMEN







By now, you may have seen it on television, the one-hour program honoring our Women of the Decade and Women of the Future, featuring the honorees, plus such stars as Phyllis George, Ali MacGraw, Marlo Thomas, Maureen Stapleton, Cheryl Tiegs and many others. There were so many highlights: Erma Bombeck at her wittiest; Marie Osmond flying in to sing and introducing Gene Shalit (top, right) who accepted for his dear friend, Beverly Sills. Guests were distinguished, too: Senator Birch Bayh, Senator Charles Percy, Senator Larry Pressler, and our own New York State Governor, Hugh Carey, shown above with (center, from left) Sarah Weddington, assistant to President Carter, Raymond K. Mason, President and Chairman of the Board of the Charter Company, and me. Lynda Johnson Robb presented a Woman of the Decade award to Marian Anderson (top, left) who told us how she had read the *Journal* in her girlhood, and how it had inspired her. A thrilling evening for all of us at the *Journal*, kindling a rededication to the cause of all women. In the photo below, we're all shown singing "America the Beautiful" at the conclusion of the event. It was a stirring moment: filled with pride in women, pride in the country that increasingly is widening their horizons, and a deep hope for peace.



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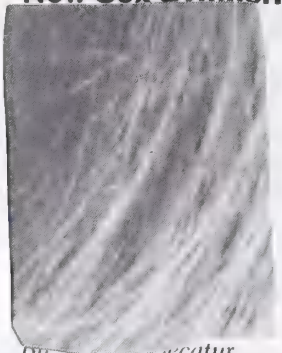
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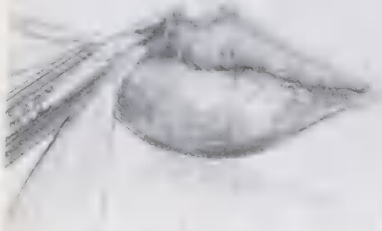


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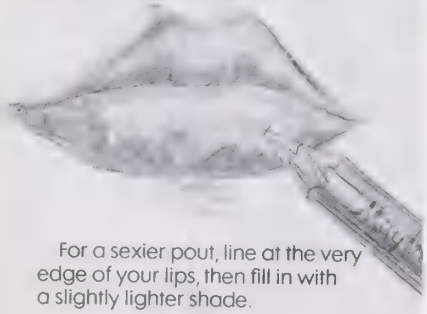
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Vantage	11	0.8
Vantage Menthol	11	0.8
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IT'S NOT EASY TO BE A WOMAN TODAY!

"I Learned to Love Myself, After He Stopped Loving Me"

By Marilyn Murray Willison

It wasn't too long after my husband moved out—after I learned that he was in love with my best friend, after I fell into a deep depression, after I'd lost a great deal of weight—that I walked past my favorite dress shop. Over the years I had spent an untold number of hours searching for special clothes in that shop. But now, as I stood staring at a sign in the window announcing their annual sale, I had no desire to go in and browse. In the past, I would have been one of their first customers that morning, but bargain-hunting didn't interest me that year—nothing much did. My thoughts were too jumbled to think about clothes or even to be aware of how I looked.

I began to walk away when I caught a glimpse of myself in the window. What I saw startled me: Here was a woman practically consumed with self-pity.

Although those awful days are far behind me, I can still remember exactly what I thought and how I felt. And I know that my experiences were not unique, that what happened to me happens to millions of women each year.

I'd been married to my high school sweetheart for close to a decade when the rumbles of his growing discontent became impossible to ignore. The more demanding and critical he became, the more anxious I was to please. I exhausted myself in a vain effort to hold the family together and I clung to the belief that I had a good marriage.

Then he told me that he wanted to marry the woman in the neighborhood whom I'd considered to be my closest friend. By the time I was served with the divorce papers, my self-esteem was practically nonexistent.

As I stood immobilized in front of the dress shop window I decided that the only way to regain my former self-confidence was to accept the fact that even if my husband didn't choose to spend the rest of his life with me, I had no choice—I was stuck with me. I'd better learn to appreciate my good qualities, I told myself, and worry about my shortcomings later. I'd better do something to dispel the cloud of depression that had been my constant companion for too long.

One of the first things I did was to surround myself with kindred spirits. I invited ten friends who were either single, divorced or widowed to my house for a midsummer barbecue. Although I was afraid that they might not want to spend an evening with someone who was obviously one of the proverbial "walking wounded," I was, fortunately, all wrong. They arrived, one by one, and showed me, by their actions if not their words, that my life would indeed improve with each passing day.

Those singles gatherings, which invariably included children, soon became a tradition in my home. Holidays, birthdays, almost any occasion, however small, became a good reason for me to have a house full of people *(continued on page 16)*

Advertisement

DOLLAR'S WORTH from Mary Willis





Worming your dog's not a chore anymore. Now with *Sergeant's Worm-Away*® you can free your dog of nasty, dangerous roundworms at home in just 10 seconds. All you do is mix Worm-Away into his food. It worms your dog naturally and safely, with no fighting, no fussing, and best of all, no diarrhea or vomiting. Roundworms don't wait for summer to make your dog miserable. He can pick them up anywhere, any time. And worming him doesn't have to make you miserable, if you use *Sergeant's Worm-Away.*



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THE SINUS MEDICINES IN THE BRIGHT RED BOX
Read label and follow directions

It's Not Easy

continued from page 11

from not-so-nuclear families. Not only did my company help to assuage my loneliness, they also taught me that we could all help one another. By the end of each evening we spent together, we all felt much better about ourselves.

Besides the longing I had for camaraderie after my divorce, I also felt a strong desire to accomplish something—anything. I needed some tangible proof that I was a worthwhile, interesting human being. I began to delve into creative pastimes that I had never attempted before, partly because I needed the mental stimulation, and partly because I wanted to have little excuses for congratulating myself. Each new sewing project or cooking experiment that was successful gave me another opportunity to contradict the negative self-image I had developed.

I also realized that it was essential for me to step out of my mire of self-involvement and pay more attention to the needs and wants of my two children. Only on rare occasions did I allow myself to mope around the house and feel totally alone, unloved and worthless. The sports practices, Halloween costumes or birthday parties would force me to shelve my "poor me" mien and get involved in their lives. And whenever they were sad or confused or angry with their father, I tried my best to lift their spirits and discovered that this cheered me up as nothing else could.

It was because of my children, my friends and my hobbies that I was able to stop feeling sorry for myself. In time, I was able to tell myself, and really believe it, that although my husband was entitled to his opinion about me, I certainly didn't have to agree with it. Also, by socializing with men I began to see myself as someone who could be pretty, desirable and, best of all, lovable—three feelings that had disappeared from my life when my husband did.

My encounters with men were usually accidental events—a chance meeting at my son's hockey game, or the pleasant surprise of a man coming up to me and introducing himself at a schoolboard luncheon. These casual meetings made me think that perhaps romance was not, by definition, limited to the teen years.

My friends decided that what I needed in my life was a man—and they were right. Although he didn't turn out to be the lasting love of my life, the man they arranged for me to meet played a major role in my personal reassessment. It was a real eye-opener to know that someone—someone male—could think I was nice, good-looking and fun to be with. I had listened to my husband's criticisms for so long that I'd begun to believe every word he said. But I out that just because one man di find me appealing didn't mean th men would think that way.

Few things beat the thrill of be the company of a man who make feel attractive. If such a feeling be bottled and sold as a tonic, w who go through the trauma of their man could make the tran back to reality with a great deal ease. The excitement of receiving ers, of having someone call in the dle of the day to say he misses y knowing that you have a special one of your own, can make all th ference in the world when it com feeling *blah* or feeling beautiful.

I'm still grateful to the friends introduced me to their single friend I know that he's grateful too. Now we are just friends, we can talk about the days when we would ga each other for hours. Maybe th mance didn't last, but the positive ings that we gave to each other di

Learned about men

It seems to me that I learned a deal about men after my divorce cause I had fallen in love at 16, ma at 19 and gotten divorced at 29, I a less than panoramic view of the psyche. Dating men, asking them t formal, at-home parties and develo strong platonic friendships with taught me that they are just as fu complex emotions as women are.

It's been a full year since I found self staring at my forlorn reflecti the dress shop window. A lot of th have changed in my life, and a them have been for the better. W the annual sale sign goes up next w I fully expect to be the first one t I've finally realized that feeling about yourself has much less to do the state of your marriage than it with the state of your mind.

We'd like to know how you, a woman, are facing your own life a problems. We'll pay $250 for e manuscript accepted for publicat in our "It's Not Easy to Be a Wom Today" column. Tell us how you resolving a specific situation, large small, that represents the chang times in which women live tod Manuscripts should be about 1,0 words, typed if possible, and sho be accompanied by a stamped, se addressed envelope. Please send entries to: Box INE, Ladies' Ho Journal, 641 Lexington Ave., N York, N.Y. 10022. Be sure to kee copy of your manuscript. We can be responsible for lost or damag manuscripts, but we will make eve effort to see that your manuscript returned to you.

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STORE COUPON

Can This Marriage Be Saved?

How long can a wife put up with an unfaithful—and unrepentant—husband? Amy overlooked Paul's affair until he betrayed her on the most important day of her life.

By Dorothy Cameron Disney

"How Can I Stay with a Man I Can't Trust?"

This case is based on information from the files of the Marriage and Family Institute, a private counseling clinic serving the greater Washington, D.C., area. The true story reported here is drawn from the counselor's report of interviews. Names and other details have been changed to conceal identities. The counselor in this month's case was Reverend William M. Baxter, President of the Institute.

AMY'S TURN

"Paul was wonderful during the long hours of my tough delivery," began 25-year-old Amy, the attractive, dark-haired mother of an infant daughter. "Although he was anything but enthusiastic about my wish for natural childbirth," she continued, "he stood at my side, timing the contractions and whispering that he loved me—words that I don't often hear from him.



"The final moment of mingled agony and joy when our tiny daughter rushed into the world was a miracle to us both. Later, when I was settled into my hospital room, admiring the beautiful flowers sent by his senior law partners, Paul thanked me for giving him a perfect experience, the most important of his life, he said. There were tears in his eyes.

"Suddenly he reached over and pulled out of my bouquet a single, long-stemmed yellow rose. He wanted a souvenir of the occasion, he explained. I was surprised and touched. Ordinarily Paul isn't a scrap sentimental—at least he isn't sentimental where I'm concerned. My own eyes were tearful as I watched the door close behind him.

"The next week I learned the end of that sentimental episode. Paul drove straight from the hospital to an apartment house five blocks from our home. There he delivered the yellow rose plucked from my bouquet to a twenty-two-year-old divorcée named Trudy. For reasons known only to himself, Paul wanted the other woman in his life to have a memento of the day he became a father.

"Our gossipy, next door neighbor, whose sister-in-law operates the switchboard at Trudy's apartment house, brings me daily bulletins about the status of the affair. She thinks she is doing me a big favor by keeping me informed. I wish she would keep her mouth shut.

"Paul and I have known each other almost six years now, yet there are times he still seems like a stranger to me, a baffling stranger. He declares he loves me and, in a limited way, it may be true. Unfortunately, one woman—a loving wife—isn't enough for him. He says he wants to be married to me, he wants to be a good father to our baby daughter—he adores Kimberly—but he also wants the sexual freedom of an uncommitted, unencumbered bachelor.

"We met as college sophomores—we were both nineteen—at a rowdy student hangout. I was sitting in a corner of the crowded, noisy room with another girl and Paul started toward our table to ask her to dance. Just as he arrived, she walked off with someone else, so I jumped up—to Paul's astonishment and my own—and stepped into his arms.

"He laughed, called me a sassy little thing and whirled me off to the dance floor. He was unquestionably the most exciting man I'd ever known, and I fell in love with him that very night.

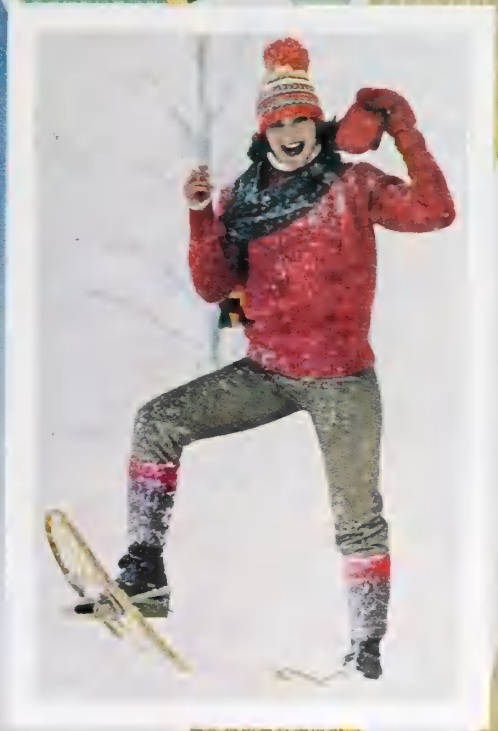
"We had half a dozen dates in quick succession, and I was in heaven. At that point, without a word of explanation, he dropped me flat. I was brokenhearted, crushed. I lacked the nerve to ask him what had gone wrong between us, but I was haunted by my loss. *(continued on page 22)*

Illustration by Heather Taylor

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Some babies need more nutrients than breast milk or formula can provide much earlier than others. At Gerber, we've helped feed over 30 million babies since we began... enough to know that every baby's nutritional needs are different. There are, however, several signs that will help you and your doctor determine when the time is right for your baby.

- **If your baby has almost doubled weight since birth or weighs around 11-13 pounds.**
- **If your baby drinks more than a quart of formula per day.**
- **If your breast fed baby frequently demands feeding before three hours have elapsed since last feeding.**
- **If your baby seems dissatisfied or hungry.**

Remember, your baby's nutrient needs are as unique and individual as his or her smile. When questions arise, discuss them with your doctor or other health care professional. Together, you're best qualified to decide when the time is right for your baby to start strained foods.



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Can This Marriage Be Saved?

continued from page 18

"Every day for several weeks, I walked past the off-campus apartment he shared with three buddies from his small town. The four of them studied together, ate together, stuck together in everything. I never did see Paul during my daily patrols, but regularly, every morning, I saw one of his roommates, an engineering student named Ted. It wasn't long before we began dating.

"I was flattered by Ted's attention and grew very fond of him. When he asked me to marry him, I agreed. Probably this sounds awfully weak—in lots of ways I am weak—but I had conned myself into thinking all my feelings for Paul were dead.

"I quickly discovered my mistake. Paul showed up at the dorm one night, and all my old feelings—stronger perhaps because of our separation—came flooding back. I blurted out that he was the one I loved.

"I wanted to break off my engagement immediately, but Paul wouldn't have it, saying Ted would be too badly hurt. So we started seeing each other on the sly, a situation Paul actually seemed to relish. Inevitably, Ted found out, and everything was awful, just as I'd feared. All Paul's hometown friends turned against him.

"Soon afterward we slept together for the first time. Our sexual relationship, even in those early romantic days, was a disappointment to me. But I never mentioned it. I was afraid Paul, who satisfies himself with speed and ease, would blame me for being inadequate.

"Two years after our first meeting, we had a small wedding. As usual, my ents were stone broke. But Paul's n er, who from the beginning treate like a daughter, helped me plan a l tiful ceremony and reception.

"Paul started law school, and I f a job that supported us. It was a t three years. Paul spent all his studying. Our sexual relationship not improve with marriage. If anyt it deteriorated. Sometimes a solid m would pass without any lovemaking, I guess that fades in any marriage.

"Finally our long grind was over. we planned to celebrate Paul's tr phant graduation with honors by sp ing the summer camping. But at th moment, we had a stroke of luck. P mother tipped us off to a historic h that was for sale at a spectacular p

"We canceled the trip, bought house and spent last summer knoc

(continued on page

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Like No-knead Bran Bread.



No-knead Bran Bread

3 cups all-purpose flour
½ cup instant nonfat dry milk (in dry form)
1½ teaspoons salt
2 pkgs. active dry yeast
¼ cup sugar
1½ cups warm water (110° to 115° F.)
2 cups KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
1 egg
⅓ cup margarine or butter, softened

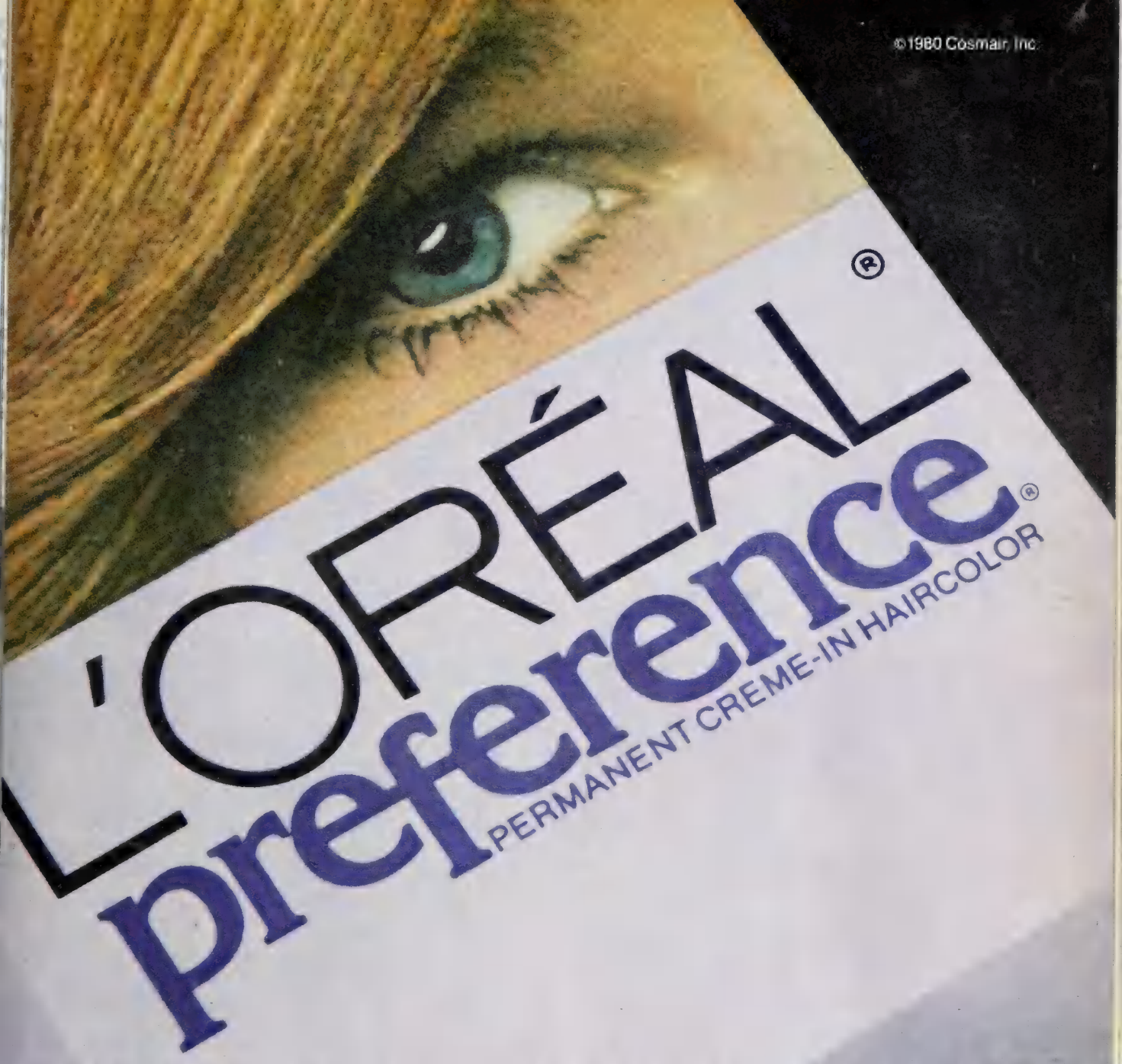
Stir together flour, dry milk and salt. Combine yeast, sugar, warm water and cereal in large bowl of electric mixer. Let stand 2 minutes. Add egg, margarine and 1 cup of the flour mixture. Beat at medium speed for 2 minutes. Gradually mix in remaining flour mixture by hand to form a stiff, sticky dough. Cover. Let rise in warm place until double in volume (about 1 hour). Stir down dough to original volume. Spoon into greased 9 x 5 x 3-inch loaf pan. Bake at 375° F. about 40 minutes or until browned. Remove from pan. Brush with melted margarine. YIELD: 1 loaf.

Variations: In place of the All-Bran cereal, use 3 cups KELLOGG'S® 40% BRAN FLAKES cereal. Or crush 2 cups KELLOGG'S® CRACKLIN' BRAN® cereal to measure 1 cup.

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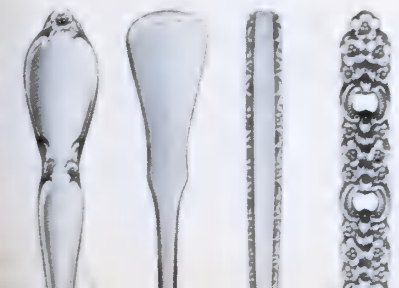




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Can This Marriage Be Saved?

continued from page 22

out partitions, wallpapering—and trying to get me pregnant. Even now the remodeling work is far from finished, but we do have Kimberly.

"Paul's a wonderful parent, and I'm grateful for that. My own father was despicable; he abused my mother terribly. But she used to say that at least he was faithful, and that was very important to her. Fidelity is important to me, too. I don't see how I can stay married to a man I can't trust."

PAUL'S TURN

"My daughter was born two weeks ahead of schedule, and I left the hospital that afternoon in a daze," said Paul, a tall, thin 25-year-old.

"I remember, on my way out, looking blankly at the yellow rose in my hand and thinking that I ought to call and thank my senior partners for the magnificent flowers they had sent. I had barely reached the phone booth when my mom, trailed by my unhappy father, charged out of the visitors' lounge.

"Mom was breathing fire, because she had just been refused permission to hold her first grandchild. She loudly demanded that I revolutionize the hospital's rules for her exclusive benefit.

"Her torrent of talk slowed only long enough for her to look me over briefly and critically. I was hungry, she advised me—I hadn't, myself, noticed any raging appetite—and she and Dad were going to treat me to a celebratory dinner at a nearby expensive restaurant. On that note she dispatched my father to a phone booth to make a reservation.

" 'Set the reservation for an hour from now,' she called after my father. 'That will give Paul time to go home to shower and change his shirt.' Frankly, my shirt, fresh that morning, seemed clean enough to me, and I prefer to select my own bathing times. But I realized that there was no way out. I couldn't sneak away, as I used to do as a kid.

"As I drove home, my head was a tangle of emotions. On the one hand, I was filled with a sense of exaltation over actually having seen my child come into the world, yet I was annoyed over other people's eager planning of my life. I love my wife—and my mother—but they seem to regard me as a management problem, someone who needs to have his life fully scheduled by others.

"When I turned our aging car into the driveway, I looked distastefully at our wreck of a house. A ladder leaned against the porch. The cracked window in the upstairs bathroom glared at me. For the umpteenth time, I kicked myself for letting Mother talk us into buying a 'handyman's special.' Waiting inside, I recalled, was a muddle of lumber, plasterboard and tools. Also waiting was a two-page list of chores that Amy, my sweet little taskmaster, wanted me to do.

"Suddenly I couldn't stomach going into the house. I backed the car out, intent on returning to the hospital. But as I drove past the apartment building where my friend Trudy lives, I stopped.

"Trudy had been working on a painting when I dropped in, the souvenir yellow rose still in my hand, but she promptly laid aside her brush and palette. In moments I was seated on the sofa, a Scotch and soda in my hand; the rose, which Trudy assumed was a gift for her, was on a nearby table, poised proudly in a bud vase. Soon I was pouring out to her all the pains and joys and craziness of being a first-time father.

"Trudy is a wonderful, undemanding listener, who really seems to enjoy my running off at the mouth. She doesn't get defensive or angry when I bellyache, and just feeling free to complain helps me to work off my frustrations. We didn't make love that evening, though I confess we have on several other occasions—encounters Amy doesn't know about. My wife is so sensitive, I couldn't bear to upset her with the truth.

"Amy seems to have no interests other than me and now, of course, the baby. Her dependency, I suppose, accounts for some of her sensitivity. But it places a heavy burden on me. I'm the only friend she has.

"Trudy, on the other hand, has many friends and many interests, and a real determination to be free. She has certainly helped me to feel free.

"Probably I am just not temperamentally cut out to be a husband. I told Amy that when we were dating. But then, she only hears what she wants to hear. For the most part, Amy's a wonderful wife—she deserves a good husband. For me, I can't picture spending the rest of my life working away on that house, coming home to the same casseroles my mother used to make—now prepared for me especially by my wife. I don't want every day all planned out with no surprises. I feel as if I'm slowly smothering."

THE COUNSELOR'S TURN

"Although Amy saw herself as a weak personality, she actually was the stronger of the two," the counselor said. "In many ways she was surprisingly stubborn. And she drew a fair degree of her strength and obstinacy from her mother-in-law, her model and ally.

"Amy sometimes referred to herself as a 'follower,' but she overlooked the fact that she often chose—and firmly pointed out—the exact route on which Paul was supposed to lead. Her choice, moreover, was often made in consultation with her husband's mother.

"Paul's mother's influence also lay behind the purchase of the bargain dil idated house, the remodeling of wh became such a burden to Paul. It hardly surprising that he absented h self from the debris and plaster dus often as he could.

"Paul's affair with Trudy was alm inevitable. To the beleaguered ho owner, the free-wheeling Trudy re sented an old form of escape.

"Early in childhood Paul trained h self to escape maternal domination w secret rebellion. Sent upstairs to homework, he climbed out the bedr window and joined the gang wait below. The thrill of rebellion was h on his list of pleasurable memories f boyhood, and shaped his reactions behavior as an adult. In college, for ample, his flagging interest in Amy tomatically revived when Ted fell love with her. She had become a m desirable forbidden fruit. To Paul, thrill of the secret dates was well w the risk of losing his friends.

"Later his rebellion took the form involvement with Trudy. And having affair satisfied his taste for secrecy conspiracy. At the advice of his coun ing group (he and Amy belonged to ferent groups), Paul broke his long-t habit of deceptiveness, ruinous to marriage, and came clean with A Yes, he had slept with Trudy on five casions. (His careful record-keeping a significant clue to an insensitive s of Paul, a side he had to work har overcome.)

"Like many wives in her situati Amy knew about his infidelity but l been afraid to confront him for fear t he might walk out on her. From the ginning, she worried that Paul loved less than she loved him.

"Eventually, however, Amy fa Paul and told him he must choose tween Trudy and his wife and ba If he continued to see Trudy, she formed him—and she meant it— would sue for divorce. Impressed w Amy's firmness, Paul did some fast gr ing up. He assured her that he wan to be with her and the baby, and pr ised to be faithful.

"Professional counseling and a rec mended course of reading helped remedy Paul's inadequacies as a lo and today, says Amy, his sexual me ods and techniques have vastly proved. What's more, he no longer wi holds sex, as he did in law school da to punish her for pressuring him.

"Last spring the couple sold their town house at a handsome profit a bought a smaller, newly built house the suburbs. Paul happily gave up job of handyman, and Amy enjoys new community where she has mad number of friends. She belongs to s eral civic clubs and no longer needs swamp Paul with pleas that they do erything together." E

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Loving Care has no peroxide or amm

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What's Happening

Offbeat and controversial, Bette Midler reveals to Gene a warmth and vulnerability many will find unexpected from the star of the movie "The Rose."

Gene  Shalit

Bette Midler is a prodigious talent who has not yet been fully recognized. She's achieved most of her celebrity among ardent fans who clamor at her appearances. Cabaret. Concerts. Electrifying. Unpredictable. She was the quintessential 1970s entertainer. But Midler was born at the wrong time, as the admiring critic John Rockwell has said: too late for vaudeville, too early for video discs. Concerts do not bring national recognition in America: You score big through movies, television or, on a lesser rung, records. So now Bette Midler has made a dazzling debut in a major hit movie—*The Rose*—that may fling her to the national success so long longed for.

When *The Rose* had its smash opening, The Divine Miss M was ensconced in a fashionable, lower-your-voice-in-the-lobby hotel on Manhattan's Fifth Avenue. I rose to her tiny, 12th floor suite, wondering if she'd match her public reputation of flash and trash. *Was* she an irresistible tidal wave? Who *is* Bette Midler? From whence cometh this star? She cometh from her tiny bedroom off her tiny living room. She might reach five-feet-two if you counted the fluff of her just-bleached blond hair. She is hesitant, polite. She wriggles to get comfortable in the corner of the couch, her face a fleeting fidget of apprehension, then a please-smile-back-to-me smile. She seems . . . vulnerable.

I ask if she is uneasy. She assumes I am speaking of her career. "Not as much as I used to be, because now I realize that I'll always be able to make a living with my live shows. If I were never to make another record, and if I were never to make another film, it gives me confidence to know that I do have a following who will always come to see me no matter how awful and old and pitiful and ragged I become."

She stares at me as I ask if she really worries about becoming old and pitiful. "Sure I do," she says. "Even when I was a teen-ager I used to think that there is someone very old in this body. I haven't been very young most of my life. I had a rough time when I was in elementary school and junior high, but by the time I got to high school I figured out a way to be the toast of the school. I was just very funny." She leans forward: "Do you realize how many sad or unhappy people have turned to comedy in very early childhood? I grew up in Hawaii. I was white in a neighborhood that

(continued)



Bette Midler, as she appears in The Rose.

Look again!

You are reading this through a glass washed in Dishwasher **all**. The reason it's so sparkling clean and clear is the special Rinse Agent Formula in Dishwasher **all**. It gets everything spotless as can be.



was totally non-white—Samoans—and I was Jewish on top of *that*, and most of them had never even *heard* of that, so it was sort of double indemnity. It was *tough*. Then I went to a high school where there were more people like me and I saw suddenly that I wasn't so different."

I ask if she's lonely now, if she *has* friends. "I have a couple," she says, "and I'm not lonely too often because even one friend fills a large void. I wish everybody had at least one." I wonder if she is that sort of friend to others. "I *try* to be." She reflects for a moment. "I try, but I don't know if I'm as successful for others as they've been for me." She pauses and turns it into a joke. "Hey, now you've made me feel guilty." She looks past me, over my shoulder, as if to the invisible readers. "Am I? Do I? Write in, folks. Tell me if I've been a friend to you."

When I remark that she uses a lot of humor in her performances she says, "But none in my real life." That sounds sad and I wonder about her "real" life. A father who has never seen her perform. Refuses. The legends of her rows with manager Aaron Russo, with whom she fought constantly, sometimes physically, and who was also her lover and whom she has finally left; the men who have come and gone through her life.

She brightens: "The longest I was ever with a man was three years. That's how long I've been with Pete Riegert." I ask her why relationships dissolve. "I can't answer that because it's different for everybody. Impatience. Intolerance. You have to work as hard at a relationship as you do at anything else. I have always been in love with my work, and it's always taken precedence over everything else. I don't know why." She looks up plaintively: "You know? But it's always been that way, since I started working. I think about my work constantly. Men sort of come into my life, they enter my consciousness, and then my thoughts of career and work and ambition take over. The joy of creativity or whatever it is pulls me away from a relationship. I guess I've been the longest with Peter because he's an actor and he's infatuated with the business the same way I am."

So when did the "business" all begin? When did Bette Midler become BETTE MIDLER!!

"It all happened in one week in California, in 1968. I saw Tina Turner and Janis Joplin and Aretha Franklin, *all in one week*. That was the turning point. I never thought I'd make a name for myself singing. My voice wasn't that hot. It's an alto, a regular voice. I sing in the people's key, C. But the music thing that was going on at the time was so irresistible that a lot of people moved over from the theater into music. Then I came to New York and encountered the Theater of the Ridiculous. They were totally demented, but they had great style and I thought that physically they were the most interesting thing happening. So I went for that trashy thing you get out of the garbage can—the old clothes that everyone throws out. I found *value* in it. I found value in the clothes and the style, and I also found value in the music. It was the stuff that I had grown up with, so that's what my act became."

And what of her future? "Do you look back on your life with any sense of achievement, or do you think the best of your career is still somewhere in the future?"

She thinks for a moment. "Until this year I wouldn't have had any perspective on that. But since I've been traveling around for *The Rose*, reporters who've been checking up on me have started listing my achievements. I had never taken a backward look and I had to be impressed. In fact, I was pretty shocked. Subconsciously I must have been working toward this all of my life. Now I almost do feel that it's over. I almost feel that I could retire tomorrow and not feel that I had done badly. I tend to sneer at myself because it keeps my feet on the ground, but I have to say that it really has been, all in all, quite . . . *remarkable*. I don't have any idea what's coming up next, but even if I were never to do anything again, I would feel okay. I would feel like I had done . . . okay."

CARING AND RESPECT

Marsha Mason, more and more, is becoming an important actress. She won an Oscar nomination for the romantic comedy *The Goodbye Girl*, and now she makes a dramatic U-turn as a dedicated physician in *Promises in the Dark*. The setting is West Hartford, Conn., where a 17-year-old high school girl (Kathleen Beller) kicks a playing-field soccer ball—innocent enough—and inexplicably breaks her leg. That starts a medical reaction that involves all who love her—and who *come* to love her. Her doctor (Marsha Mason) cares for her deeply. In many ways this puts her into conflict with the girl's parents (Ned Beatty and Susan Clark) who are squeezed by the wracking helplessness of parents whose child is stricken. Through Loring Mandell's script and Jerome Hellman's direction we are intimately informed of the girl's clutching fear and the grip of creeping terror. It's not all "heavy"—there is a young radiologist (Michael Brandon) who courts Marsha Mason, but she's had one rotten romance and flees further tangles. But *he* thinks she's just what the doctor ordered and he won't quit. *Promises in the Dark* is man, entertaining and deeply movin a picture with an important messa caring and respect for each other.

IMPRESSIVE DRAMA

Natural Enemies is a strong film wit burrowing screenplay that digs into characters, seeking answers that characters themselves don't know. T principal character, played by Hal H brook, is a magazine editor in New Y who commutes from a 200-year- house in Connecticut, where he li with his wife (Louise Fletcher) a three children. When the picture gins, Holbrook (who also narrates) veals that on this very night he is go to shoot and kill his wife, his child and himself. He then leaves for his N York office, and we follow him throu the day—encounters with friends and sociates: an astronaut who walked the moon, a psychiatrist, and his b friend (José Ferrer) who survived t terror of Auschwitz. All day long, t of loneliness, of despair and speculati about death, and flashbacks to the b ren relationship between husband a wife. *Natural Enemies* is the drama a man on the inner edge of sanity. T is not light entertainment, but it is impressive movie.

RUN, RUN, RUN

Michael Douglas—whose big hit l year was *The China Syndrome*—nc goes from Three Mile Island to a 2 mile marathon in a movie called *Ru ning*. Douglas spends most of *Runni* . . . well, *running*, and I think he ru longer than this picture will. He is t good for this kind of mediocrity. **Er**

GENE SHALIT RE-VIEWS

. . . **And Justice for All**—Al Pacino and strong cast collapse under a wretched scri

Apocalypse Now is Francis Ford Coppol celebrated and castigated effort, using t American war in Vietnam as an aweson vision of humanity. Not for children.

The Black Stallion is wonderful family e tertainment; based on the popular bo about a shipwrecked boy rescued by a wi stallion.

The Europeans, based on the Henry Jam novel, is a jewel—wonderfully acted an gorgeously photographed.

The Muppet Movie is grand entertainme for everyone, adults and children alike.

Rich Kids is an intelligent comedy abo two Manhattan kids who are not fooled b their discontented patronizing parents.

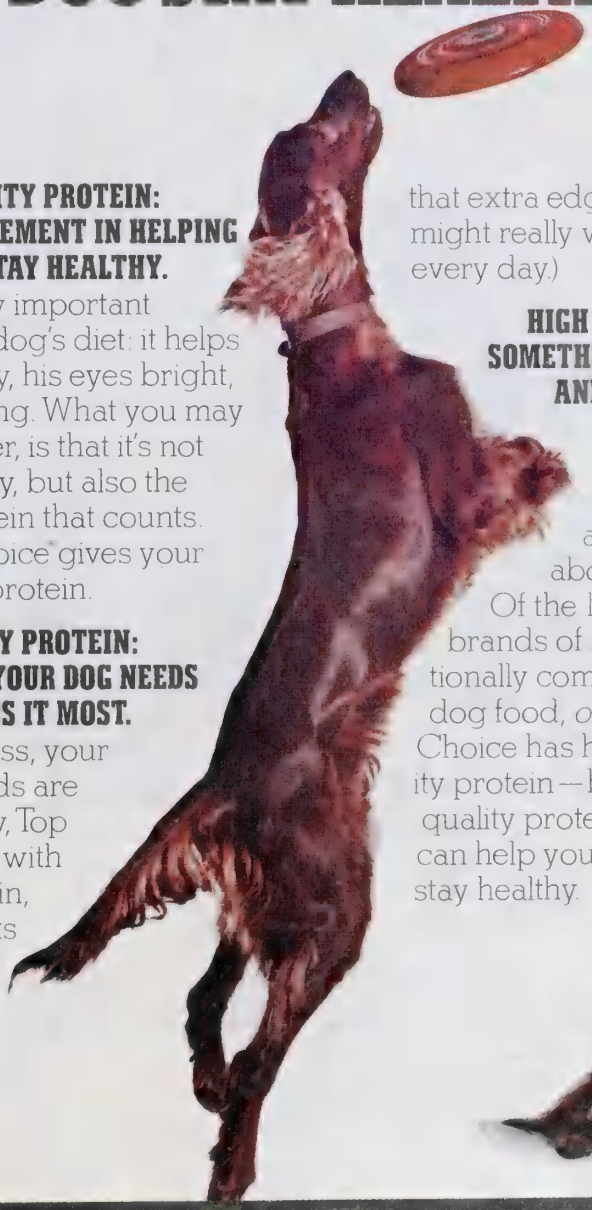
The Seduction of Joe Tynan, written by an starring Alan Alda, is an intelligent sto about an attractive and ambitious U.S. se ator. Meryl Streep leads the marvelous su porting cast.

Soldier of Orange is an engrossing dram about members of the Dutch resistance du ing World War II.

Starting Over stars Burt Reynolds in high-quality comedy, along with Candic Bergen and Jill Clayburgh.

Yanks, a romantic drama set in Englan during World War II, is one of the finest o this season. With Richard Gere and Vaness Redgrave.

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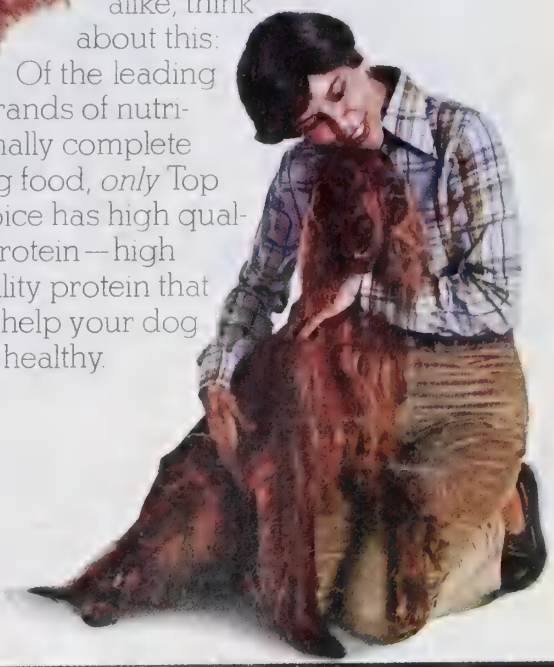
You know how important protein is in your dog's diet: it helps keep his coat shiny, his eyes bright, and his tail wagging. What you may not know, however, is that it's not merely the quantity, but also the *quality* of the protein that counts. And now, Top Choice® gives your dog high quality protein.

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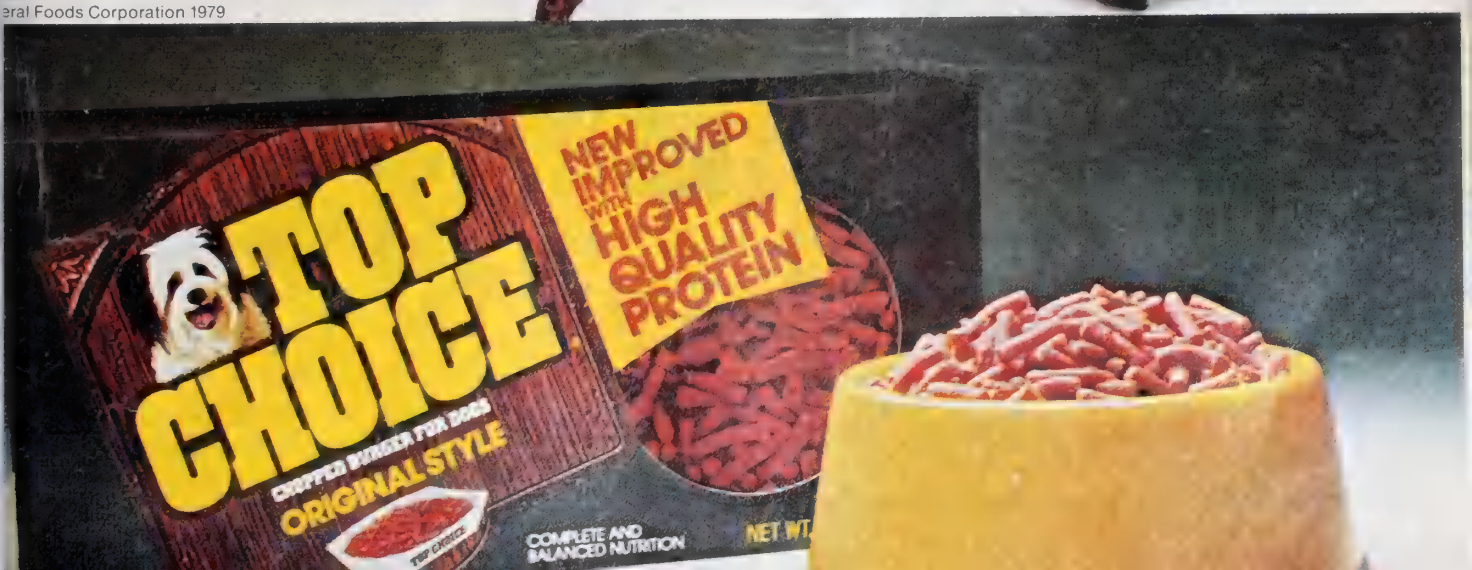
In times of stress, your dog's protein needs are greatest. And now, Top Choice dog food, with high quality protein, makes sure he gets that extra edge. (An advantage you might really want your dog to enjoy every day.)

HIGH QUALITY PROTEIN: SOMETHING THE LEADING CANNED AND DRY BRANDS DON'T GIVE THE DOG YOU LOVE.

If you've thought all dog foods were alike, think about this: Of the leading brands of nutritionally complete dog food, *only* Top Choice has high quality protein—high quality protein that can help your dog stay healthy.



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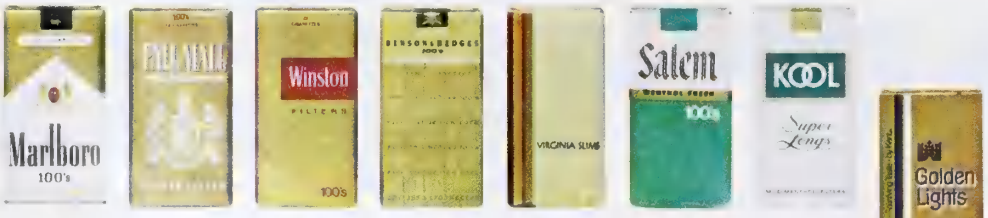


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Golden Lights™ 100's fills taste void for thousands.

84% of Golden Lights smokers switch from higher tar brands... and stay. Taste is the chief reason.

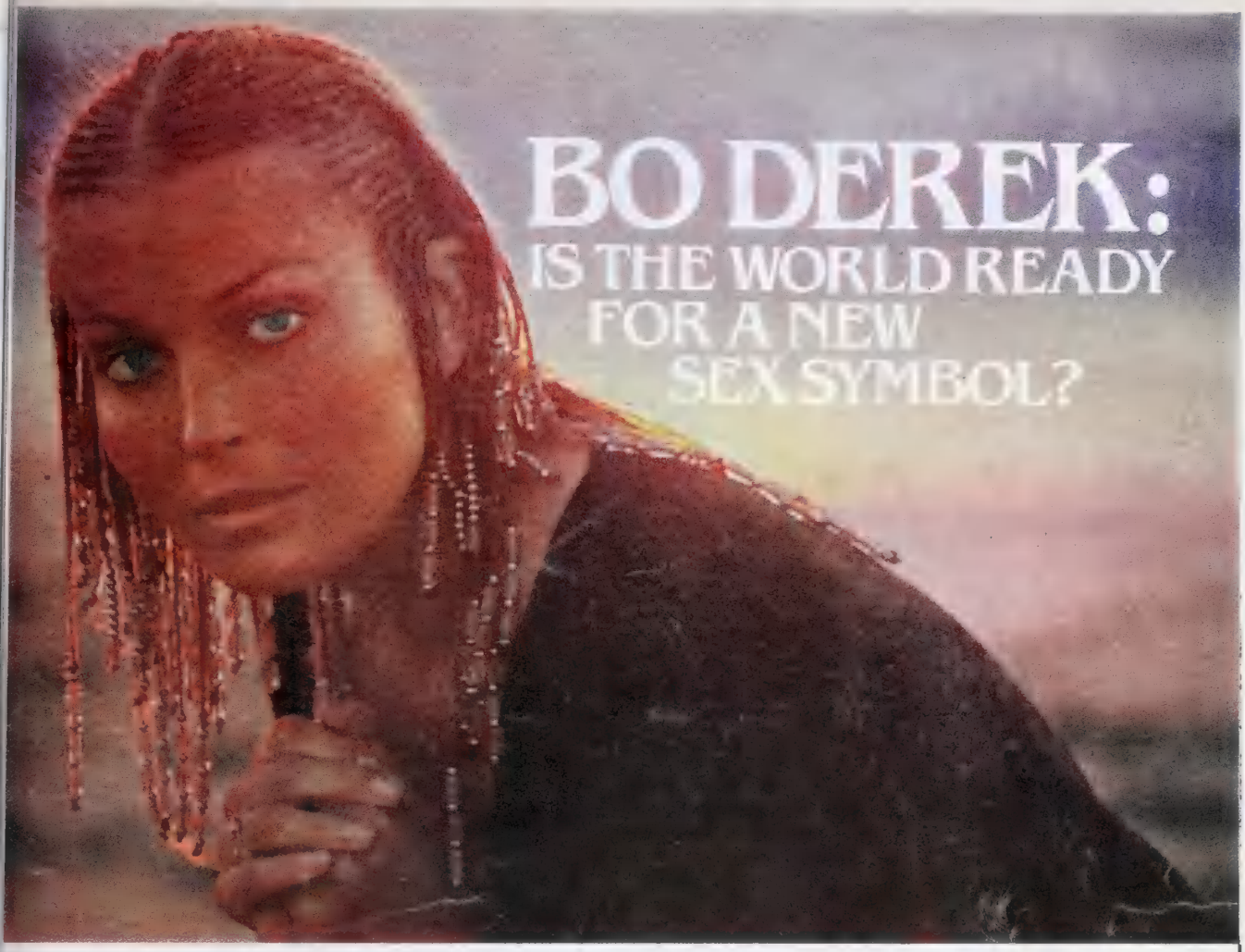


18	19	19	17	15	19	18	8
MG. TAR 1.1 MG. NIC.	MG. TAR 1.4 MG. NIC.	MG. TAR 1.3 MG. NIC.	MG. TAR 1.1 MG. NIC.	MG. TAR 0.9 MG. NIC.	MG. TAR 1.3 MG. NIC.	MG. TAR 1.3 MG. NIC.	MG. TAR 0.7 MG. NIC.

Golden Lights 100's.
The taste high tar smoke
want in a low tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Source comparative 'tar' and nicotine figures: Either FTC Report May 1978, or FTC Meth
Of All Brands Sold: Lowest tar: 0.5 mg.'tar,' 0.05 mg. nicotine av. per cigarette. **Gold**
Lights: 100's—8 mg.'tar,' 0.7 mg. nicotine av. per cigarette by FTC Method.



BO DEREK: IS THE WORLD READY FOR A NEW SEX SYMBOL?

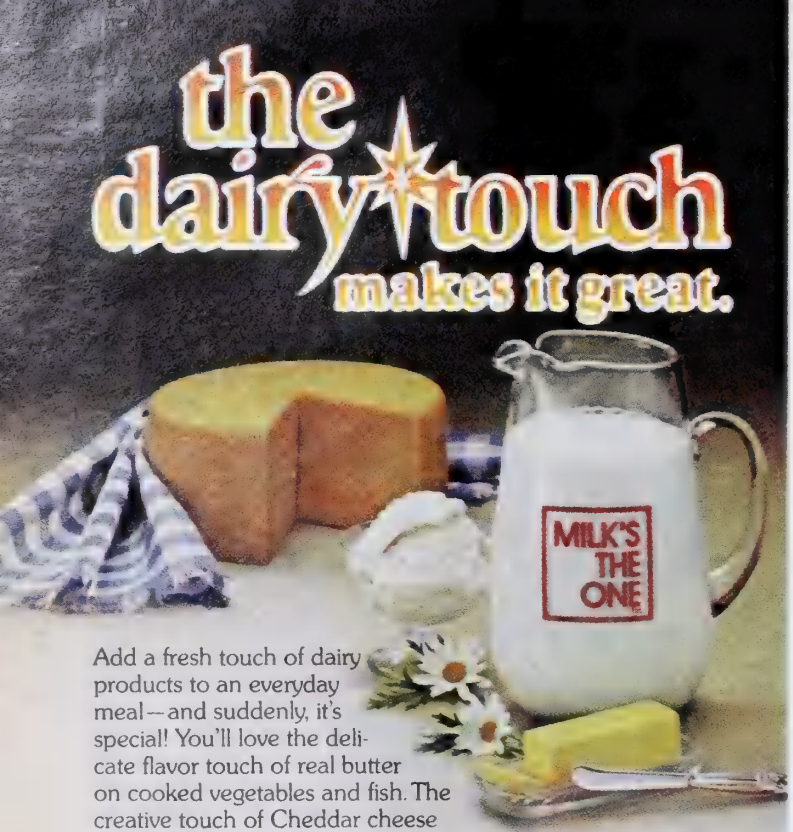
After appearing in her first major movie role she was acclaimed a great beauty. Will she be to the 80s what Farrah Fawcett was to the 70s? By Stephen Decatur



Can the 22 year old, whose name was once Mary Kathleen Collins, become the new sex symbol of the entertainment world? She is endowed with the face, the figure, the "look." But without her Svengali of a 53-year-old husband who directs her, photographs her and molds her image (as he did with two of his former wives, Ursula Andress and Linda Evans) would this beauty have remained an unknown?

These are more than trivial questions as Bo Derek, the unexpected star of last fall's hit movie, "*10*," surfaces as the new face of the 80s. Bo is, in the parlance of her one major movie, a genuine 11 on the scale of 1 to 10, which some narrow-viewed males use to grade a woman's looks. But she is also about to be one multi-million dollar industry—the new royalty of the magazine cover and poster worlds and a possible new star, if she and her protective husband, John Derek, don't make mistakes.

Though Bo has staunchly proclaimed she doesn't want celebrity, her future could surpass that of either of the previous Mrs. Dereks. Paid only $35,000 for "*10*," the young actress will earn $100,000 for *A Change of Season*, which co-stars Shirley MacLaine and Anthony Hopkins, for producer Martin Ransohoff. In April, she will be *(continued)*



Add a fresh touch of dairy products to an everyday meal—and suddenly, it's special! You'll love the delicate flavor touch of real butter on cooked vegetables and fish. The creative touch of Cheddar cheese on baked potatoes. The crowning touch of delicious ice cream for dessert. And remember: ice cold milk adds a little magic to any meal. Try the tempting recipes on these pages soon. Or dream up some new dairy touches of your own!

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three women also have the same pliant nature, wh allowed Derek to mold them to his own physical, en and intellectual specifications.

Bo's husband feels that his young wife's view of life is the one he has given her. "I am the rose-tinted glasses tainted dirty glasses through which she sees the world," said at an interview with his wife present. "I have blinkers on her."

And it was Derek who shaped her attitudes about ap naked in front of the camera. When Bo demurred suggestion, he convinced her she had nothing to be rassed about, saying, "You just look like every other w She has subsequently posed nude for her husband's still in an isolated part of the Grand Canyon at one time sp most of seven days unclothed while he snapped the shut refuses to be interviewed in restaurants or other public where she might draw attention. She prefers to talk Dereks' Marina del Rey apartment—with huge blow- John's photographs of her on the walls—or in a Beverl public park.

I managed to talk to Bo one day without Derek in dance. There is a quiet insouciance about the young who appears to be light years more poised than most 2 olds. While she was guarded and thoughtful, she was n moment unsure of herself.

"I don't consider myself a '10' in any way," she says. " the movie I tried to create an illusion of absolute b Nobody can be a perfect '10' because everybody's standar different."

In person, without the corn-rowed hair and beaded Bo is considerably more beautiful, softer looking, than sh in the film. Her long, blond hair tumbled to her shou soft, full of highlights in the sun filtering through the tre

Bo was a 16-year-old high school dropout (in a Los A suburb) when she met Derek, almost six years ago. He th

BO DEREK

continued

paid a half-million dollars as Roger Moore's romantic interest in *High Road to China*.

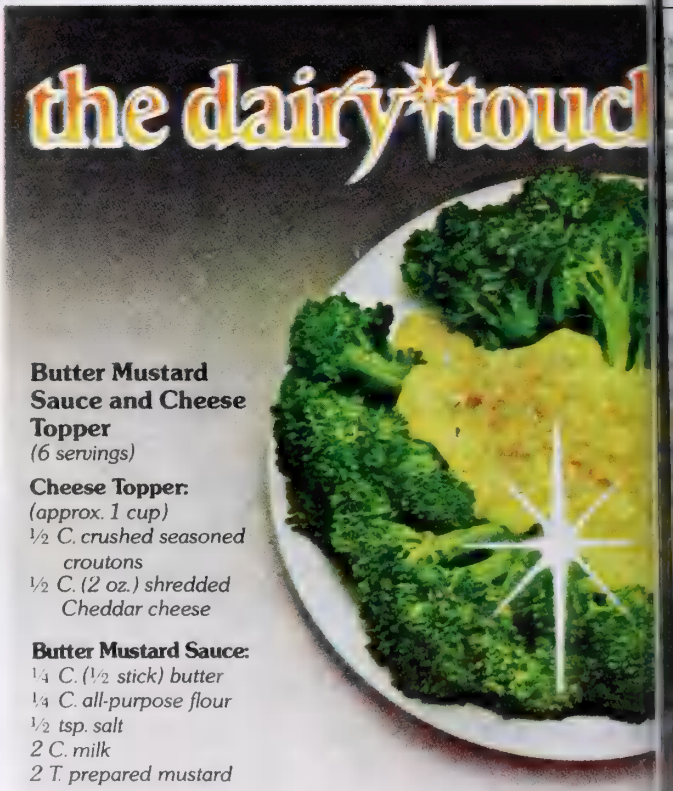
Ransohoff, moreover, will star Bo in *The Girl with the Golden Hair* at a still higher price. And Blake Edwards, who wrote and directed "*10*," has options for three additional movies with the five-foot, four-inch, 100-pound sensation.

The two posters showing her kneeling in the surf, wearing the now clichéd wet, white shirt (and nothing else) are already outselling any others on the market. The posters—as with all photographs of Bo—were taken by her husband, who claims that where Bo is concerned, he clicks the shutter "with love."

Derek, a self-styled Pygmalion with Bo as his Galatea, dictates almost every element of his wife's life. The two rarely dine out, never attend Hollywood parties and are at ease only among a handful of friends. Bo, who is seldom away from her husband's side, almost never grants an interview unless he is present. Inevitably, he dominates the discussion and answers questions for Bo before she can speak for herself.

"Why not?" Derek asks protectively. "What you'll hear from her when she speaks is basically what she gets from me. Her environment is with a man thirty years older than herself, twenty-four hours a day. That's going to rub off."

Derek guides Bo with the same painstaking attention to coiffure, wardrobe and figure control that he did with his second and third wives, Andress and Evans. (Derek's first wife was Patti Behrs, by whom he had two children, Russ, 29 and Shawn, 25.) There is a striking physical similarity of facial structure among all three women. Bo especially resembles the young Andress: square shoulders, tiny waist, generous bosom, smallish hips, high cheekbones and penetrating eyes. The



Butter Mustard Sauce and Cheese Topper
(6 servings)

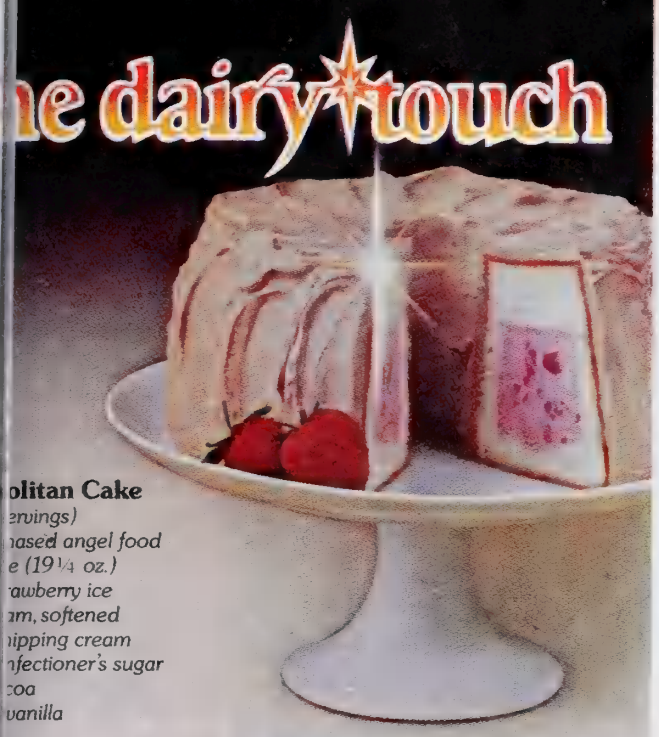
Cheese Topper:
(approx. 1 cup)
½ C. crushed seasoned croutons
½ C. (2 oz.) shredded Cheddar cheese

Butter Mustard Sauce:
¼ C. (½ stick) butter
¼ C. all-purpose flour
½ tsp. salt
2 C. milk
2 T. prepared mustard

Combine croutons and cheese; set aside. Melt butter in small sauce Blend in flour and salt until smooth. Remove from heat; stir in m Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in must Spoon over hot, cooked broccoli or other green vegetable. Sprinkle cheese topper.

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Butter makes it great



olitan Cake
ervings)
ased angel food
e (19¼ oz.)
awberry ice
am, softened
ipping cream
nfectioner's sugar
coa
vanilla

op from cake about 1-inch down; set aside. Hollow out cake, leaving base and sides. Place in freezer for 1 hour. Spoon ice cream into Replace top; press down gently. Wrap; freeze several hours. To serve, he whipping cream, sugar and cocoa; chill 30 minutes. Add vanilla. until stiff. Frost sides and top of cake. Freeze until 15 to 20 minutes serving.

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e cream makes it great.

shape. He wanted Blake to reject me for the role so he wouldn't be the only one to criticize my looks—John is extremely critical of my appearance. He said I needed to lose weight, and he was right. I was ten pounds overweight before I made *'10'*.

"But Blake hired me without a screen test. He asked all of the girls he interviewed if they thought they were tens. I was the only one who said, 'No.'

"When I got home, John was astonished that I had been hired. It defeated his purpose in sending me to Blake in the first place."

Derek claims he would just as soon not have his wife act. Bo echoes his sentiments. "I really don't want to be an actress except to make enough money to be able to produce my *own* pictures. Then I'd like to buy a big ranch of my own and lead a simple life."

Bo has repeatedly stated that she has no aspirations to become famous—"I don't like a lot of fuss being made over me. I don't need to be a star to be happy." Yet, according to Edwards, her director in *"10,"* Bo is a natural actress.

"When the big moment came for her to do her first line, she was terrific," recalls Edwards. "She did it just right. She's bright and instinctive. But basically I found her quite shy. She has a healthy attitude about her body and about doing the nude scenes. She's fairly mature for twenty-two, but I sense a lot of little girl qualities in her.

"Bo may become a superstar if she escapes being thrown into roles that are wrong for her," Edwards continues. "But in this business, all you need is a couple of bad pictures and your career is over as suddenly as it began."

The question remains: Will Bo, as she matures as a person and as an actress, grow beyond her husband's iron-clad guidance? Perhaps Derek should consider how Farrah Fawcett grew away from her husband, Lee Majors, after he helped sculpt her into the face of the 70s. **End**

perfect for a role as his co-star in the low-budget film he producing in Greece and cast her for the part.

We hated each other at first," she says. "I thought he was n and he thought I was lazy."

ut as the picture progressed, Derek, who was married to da Evans at the time, found himself holding hands with his ing lady. When Linda left Greece, Bo and John soon me inseparable.

t was difficult for all of us," Bo said. "John and I wanted to together after the film was over—which was all right in ece—but we couldn't do it in the U.S. because of American about minors. We discussed living outside the U.S. until I eighteen, and ended up traveling around Europe and ico for a while."

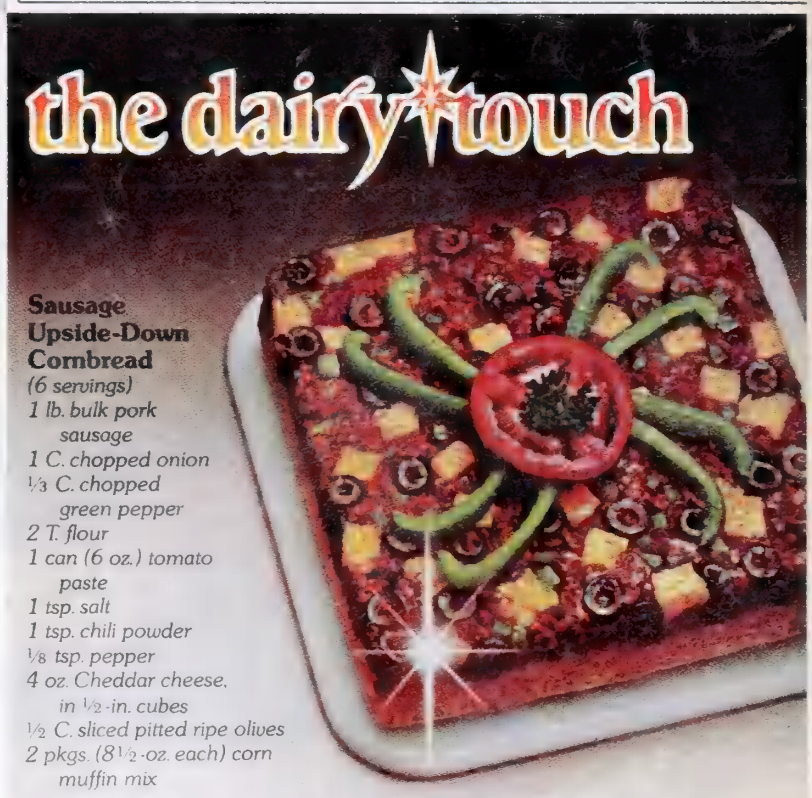
o's parents were unhappy about their daughter setting up se with Derek. Linda, naturally enough, was heartbroken. eventually, Bo and John moved to Southern California and l together before marrying in 1977.

Linda was my idol when I first met the Dereks," says Bo. "I the reason she and John broke up. I felt guilty about it and ll do sometimes, even though we've since become friends. ohn still loves Linda, and Ursula, too. And they love him ell. It's like an extended family, though, of course, he's no er intimate with either of them.

t John's birthday party last year Ursula and Linda and I all e T-shirts with his photograph on them. It was a lot of fun very relaxed. Ursula always visits us when she's in town. I both his ex-wives. It's a pleasure to know them."

hough Derek has influenced and primed Bo in most every- g she's done since the two have been together, calling self her guru, Bo's success in winning her major role in the ie *"10"* came as a surprise to him.

didn't work for a long time after I did the picture in ece," says Bo reflectively. "But John encouraged me to see ke Edwards even though he thought I was heavy and out of



Sausage Upside-Down Cornbread
(6 servings)
1 lb. bulk pork sausage
1 C. chopped onion
⅓ C. chopped green pepper
2 T. flour
1 can (6 oz.) tomato paste
1 tsp. salt
1 tsp. chili powder
⅛ tsp. pepper
4 oz. Cheddar cheese, in ½-in. cubes
½ C. sliced pitted ripe olives
2 pkgs. (8½-oz. each) corn muffin mix

Preheat oven to 400° F. Cook sausage, onion and pepper in a skillet until sausage is brown and crumbly. Stir in flour; mix in next 4 ingredients. Remove from heat; stir in cheese and olives. Spread evenly in 9-in. square pan. Prepare muffin mix according to package directions; spread over sausage. Bake 30-35 minutes. Let stand in pan 5 minutes; loosen edges. Invert onto plate. Serve immediately.

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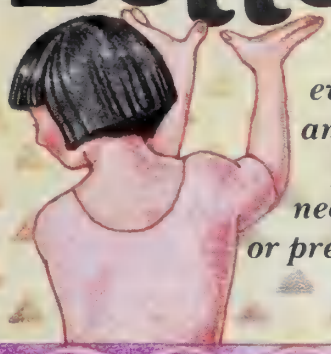


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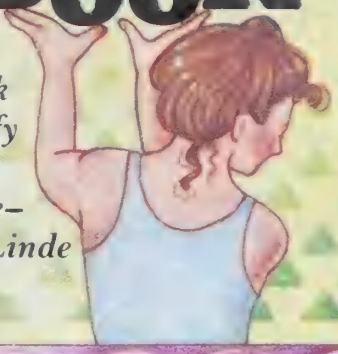
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the Better Back Book



Are you injuring yourself without even knowing it? Do you stand, walk and sit the wrong way? Will your fluffy pillow turn out to be a pain in the neck someday? Here is advice to cure–or prevent–an aching back. By Shirley Linde



Whether you stand on your feet all day or sit at a desk, chances are at some time in your life back trouble will get you down. Seventy-five million Americans suffer from bad backs—the number one complaint that sends families scurrying to the doctor's office, escalating medical bills. Here, in an excerpt from a new book, is thoughtful advice on the treatment and prevention of minor back pain—suggestions you can use every day, in almost everything you do. (Unless, of course, the recommendations conflict with your physician's advice.) Are you ready for a better back?

The Better Back Quiz

Most of us don't even think about our backs unless they start to give us trouble. And we know almost nothing about back problems until we develop a particular one ourselves. How much do you know? Test yourself on this quiz. The answers may surprise you.

1. How many people currently have back trouble?
(a) 100,000; (b) 1 million; (c) 10 million; (d) 75 million.

2. Bad backs are the most frequent reason for people coming to the doctor's office. True or false?

3. What are the chances of your becoming the victim of a bad back?
(a) 1 in 1000; (b) 1 in 4.

4. The number of bad back sufferers is increasing alarmingly. True or false?

5. Who is most likely to get back trouble?
(a) a ditch digger; (b) a desk worker; (c) a runner; (d) a person who does not exercise.

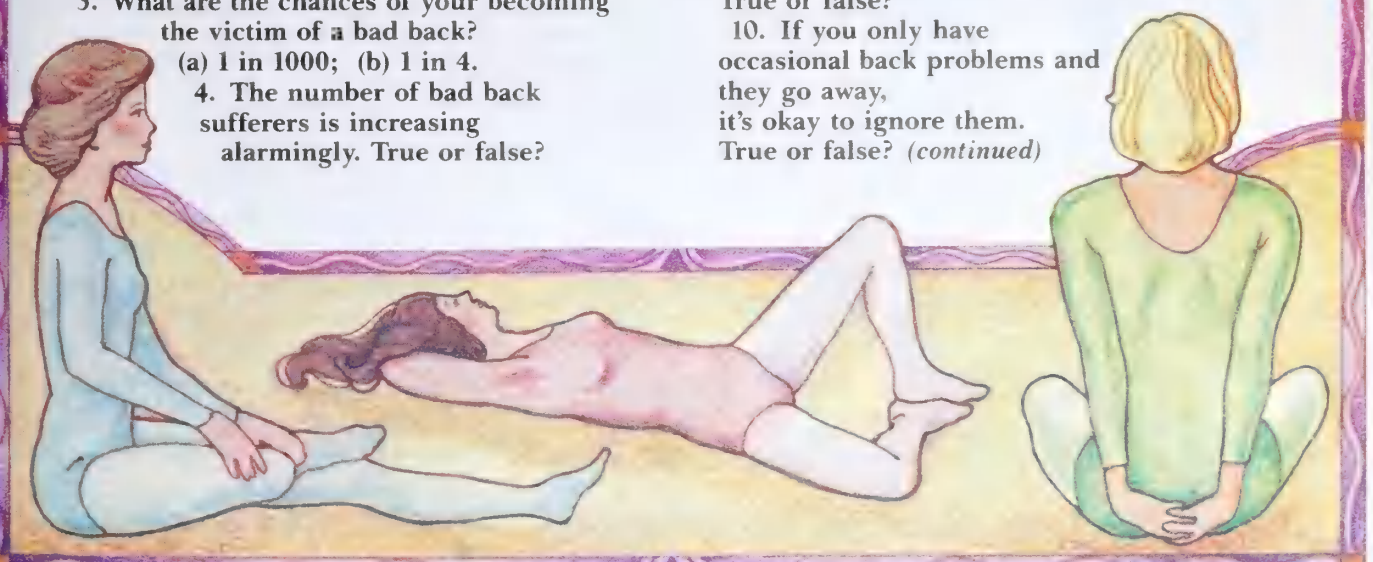
6. Children almost never have back problems. True or false?

7. The wrong kind of exercises can aggravate a back problem. True or false?

8. How you drive your car, the chairs you sit on, the mattresses you choose can aggravate a back problem. True or false?

9. Back trouble will always show up as some kind of pain in the back. True or false?

10. If you only have occasional back problems and they go away, it's okay to ignore them. True or false? *(continued)*



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The Better Back Book

continued

Answers

1. (d) Seventy-five million people in the United States suffer from various types of back pain, according to the Arthritis Foundation. Bad backs are the number one claim on disability insurance policies.

2. True. When the government did a recent survey of 235 million office visits to family doctors, the most frequent reason for the visit was shown to be a general physical checkup; but when patients went to the doctor's office with a specific complaint, by far the biggest complaint was a back problem. A bad back is also the second most frequent cause of absenteeism from work. (Colds and flu are one.)

3. (b) One in four, most doctors say, although some back experts say it's closer to one in three.

4. True. Nearly every physician interviewed reported a great increase in the number of people coming to the office with back complaints. National surveys show the same increase on a general basis throughout the nation.

5. (b) and (d) Sedentary people.

6. False. Even children have back problems. They can have posture problems, crooked spines and other back conditions that occur early.

7. True. Doctors report that many patients come to them with problems caused by improper exercises and warn that even some of the exercises given to schoolchildren are dangerous.

8. True. Many seats and mattresses are too soft, or do not support properly.

9. False. You may have back trouble and never have had a back pain in your life. The pain may show up later, or it may appear as pains in the ankles, thighs or calves, never giving you a hint of where the trouble really originates.

10. False. An occasional pain now may mean a lot of pain later. It's always best to check out medical problems right away.

Relief for Sudden Back Pain

Perhaps you didn't really need the better back quiz—you know your back hurts *now* and you want relief. Here are some instant helpers. But remember—these are only stopgap measures to help temporarily. To keep attacks from happening again, to strengthen your back so nagging aches now won't become excruciating pain later, you need to consult your physician about a regular exercise program.

Five fast exercises for quick relief

These exercises are not designed to build up strength of the back muscles, but they are designed to relax muscles and give relief when you are actually experiencing an attack of back pain.

1. Lie flat on your back with bent and feet flat on the floor a foot from your buttock's muscles. Pull in abdominal muscles, then pull in buttock's muscles so your back fl against the floor. Relax. Repeat ten t Staying in the same position, roll knee gently and easily out and to the and back up to its original position ten times with one leg, then ten with the other leg. Repeat if nece Relax again, letting your back fl against the floor.

2. In the same position, gently one knee up to your chest with hands. Do ten times in little gentle Repeat with the other leg ten times.

3. Sitting or standing, put your behind your back, clasping your h together. Keep your arms stra squeeze your shoulder blades togeth hard as you can, and try to make elbows touch. Hold to the count of Relax and wiggle your shoulders. stretches vertebrae, takes pressure nerves and relieves tension.

4. Lie on the floor, right knee b left foot flat on the floor. Grasp your ankle with your left hand and grasp knee with your right hand. With the turned toward the groin, pull ankle knee gently toward the chest. Hold count of ten. Repeat with the other This exercise can also be done while ting, if that is more comfortable for y

5. In a sitting position again, grab right ankle with your left hand, p your right heel at your left knee. V your right hand, push your right k down toward the floor gently ten tim Repeat with the other knee.

Help from a slant board: Lying feet head down on a slant board can help spine straighten out and the back flatt The blood flows from the feet and le easing blood vessels and getting ric congestion or swelling. Muscles re Sagging abdominal muscles get a lift.

Try heat: Most doctors feel that hea useful in easing discomfort and promot relaxation. Almost any form of heat be used—a hot water bottle, heating p heat lamp, hot towels wrapped in a towel to prevent scalding, or simply so ing in a hot tub or shower. Howev some doctors feel heat is a mistake, t the inflamed muscles are already co gested and heat brings more blood a congestion to the muscles. Test for yo self whether heat works for you.

Try ice: Ice often works better than he Especially if there is a muscle spasm, ice rubdown often can be effective returning the muscle to its relaxed stat eliminating the spasm.

An at-home ice massage. This tec nique is recommended by the Depar ment of Rehabilitation Medicine at Ne York Hospital-Cornell Medical Cente Fill four-ounce paper cups ¾ full of wat and put in the freezer till frozen. Whe

(*continued on page 15*)

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How to Teach Your Child the Value of a Dollar

How much does the piggy-bank set need to know about money? Plenty! Helping youngsters to be responsible and realistic in money matters pays off–for them and for you–in years to come. By Lois Duncan



The cost of living has accelerated to such a point that most Americans are reeling. Even though there's a growing number of two-paycheck families, many incomes still are not keeping pace with rising prices.

It's a difficult time for everyone but, for those of us who have children, there is an added problem. With the economic future so uncertain, how can we best prepare our youngsters for the time when they will be financially responsible for themselves?

All of us are groping for answers—a fact brought home strongly to me the other day when I was having lunch with two of my closest friends. In the course of our conversation, I mentioned that now that our son, Brett, had graduated from high school and had no plans for college, Don, my husband, and I had decided to charge him $25 a week for room and board.

Both my friends regarded me with amazement.

"You're charging him to live in his own home?" Carol exclaimed incredulously. "Why, our Robbie's the same age as Brett, and we still give him an allowance. It gives us so much pleasure to have him living at home, I can't imagine asking him to pay for being there."

Marge's reaction was also incredulous, for an entirely different reason.

"Twenty-five dollars is unrealistic," she said. "Where could he ever find an apartment complete with utilities, three meals a day and laundry service for one hundred dollars a month? If he gets used to living by that sort of fairy-tale standard, what's going to happen when he gets hit by the real world?"

"How much allowance *do* you give Robbie?" I asked Carol eagerly and, turning to Marge, "What do you charge *your* grown children in the way of room and board?"

We talked about money and children for the rest of the afternoon.

I have since discussed the topic of money with a number of other parents from a variety of income levels. All, without question, wanted to do their best by their children, but their ideas of what was "best" differed greatly.

Elaine and her husband, Bob, started their two children on a one-dollar-a-week allowance when they entered first grade and have *(continued)*

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The Value of a Dollar

continued

doubled it annually ever since. (Their oldest is now in sixth grade, and they have decided to hold the amount at its present level through middle school.)

"This may sound like a lot of money," Elaine says defensively, "but the cost of living is rising for everyone, children included. A child can't get into the movies for less than two dollars anymore, and toys have gone so high it's five dollars and up just to take a present to a birthday party. We also encourage them to save, and part of every allowance goes into a savings account. To learn to handle money, there must be money to handle. Sharon and Jamie are level-headed. They're not going to rush off and buy something outrageous. But, if they did—that's part of learning too, isn't it?"

It is, indeed, says Dr. Sidney Rosenblum, professor of psychology and Director of Clinical Training at the University of New Mexico, in Albuquerque.

"I believe strongly in allowances," he says. "They're an important way to get a youngster moving along the path to independent responsibility. I believe, as do other child development specialists, that a child should be given an allowance as soon as he or she begins to understand what money is and what it can do. This usually takes place developmentally at about the age of four or five. A reas sum to start with might be twe twenty-five cents, and it should be on the same day each week. Four nickels is better for a small child th large quarter. Later, when a you enters school, the allowance shou increased to include supplies lunches. It seems to me, howeve Elaine and Bob have gone a bit over with their increases. It's unrealis expect a small child—under the ten or eleven—to be able to save in any regular manner. The one wh so at that young an age is a rarity."

Marge and her husband, Ted, sent the other side of the coin. The never given their children allowanc because they don't believe in the because of their financial situation. have seven children, and Ted's ea have failed to keep up with cons mounting expenses. At age ten e their children has taken on a paper and from then on has worked his w through the hierarchy of jobs availa young people. Each has contribute percent of earnings to the family kit

"We never planned it this way," admits, "but then, we never exp Ted to have to change jobs or me to surgery or a lot of other things that drained us. Our kids have come th like troupers. We give them what w of course, but by mid-teens they been able to cover their school exp and buy their own clothing. The sew, and that helps a lot. Working school and in the summers hasn't s to hurt them any. They haven't ha free time most of their classmates but that hasn't been all bad. Th stayed out of mischief and off d There just hasn't been the time t involved with such things."

Marge and Ted's children are achi The oldest four have put thems through college on academic scholar supplemented by their earnings, an are now in graduate school. The you three seem to be following in footsteps.

Clinical psychologist Gail Feldma New Mexico, feels that the benefits t youngsters have received from sh and understanding their parents' fina difficulties more than make up fo sacrifices they have had to make.

"Parents," she says, "are usually fa reluctant to discuss family finances their children. But withholding info tion about financial problems dep youngsters of an important learning e rience. Children like to feel that th contributing members of the family."

Should allowances be earned?

Another money question that pla parents is whether or not allowa should be earned. Some tie allowanc the completion of household chores. S

(continued on page

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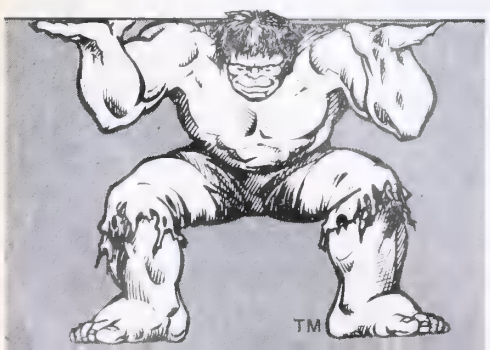
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Sylvia Porter

continued

there is absolutely no standard, "accepted" definition of the physical exam.

But the Life Extension Institute, which has done more than four million physicals in its 68-year history, has established general guidelines. Below is what you should look for in a physical, what you should expect to pay for it and how to judge the individual or organization performing it.

(1) A physical exam can take from one hour to a full day—and in a few cases even two or three days.

(2) Costs of a "complete" physical ranged, as the 1980s began, from $100 to $300. But if you're healthy and younger (under 35), you probably can get away with an abbreviated physical, costing between $35 and $50.

(3) First, a personal and family medical history should be taken. Then, if you are under age 40, here are items that should be covered in a complete physical:

A chest X-ray; "hands on" examination, including measurement of height, weight, blood pressure, pulse, examination of eyes, ears, nose, mouth, throat, dental hygiene, neck, chest, heart, lungs, abdomen, genitalia, skin, spine, bones, muscles and joints, lymph nodes, nervous system, rectal exam; for women: pelvic exam, Pap smear, breast exam. Also, an electrocardiogram (unless symptoms suggest special problems, a single EKG to be used as a "base line" should be sufficient for the under-40); pulmonary (lung) function test; vision and hearing tests; basic blood tests including complete blood count, blood sugar cholesterol and triglycerides, chemical profiles showing the adequacy of function of key body systems such as liver, kidney, thyroid and pancreas; serology (to detect venereal disease); urinalysis (sugar, albumin, microscopic exam).

(4) Expect to pay at least $100 for the above complete exam. For the younger person, such a complete exam is probably not necessary every year.

(5) If you are over age 40 your exam should include among others, at least these additional tests: proctosigmoidoscopy (visual exam of lower bowel); electrocardiogram (yearly); tonometer test for glaucoma.

(6) In the late 1970s these extras cost $35 or so—plus $40 to $60 for the mammography for a woman.

(7) If your age, family history or symptoms suggest that you may be in the high risk category for heart disease, you also should be given, in addition to the electrocardiogram, some kind of cardiovascular risk analysis.

Depending on your own medical circumstances, you can add on to this list—but this is enough to suggest the scope.

(8) The exam should include updating of your immunizations and a legible record of your protection against tetanus, polio, etc.—plus dates for re-immunizations.

(9) You also should get a personal medical history exam with indications of your emotional states and living habits.

(10) Don't shortchange yourself on this exam. But don't permit yourself to overspend for tests not needed in your age/health bracket or to be grossly overcharged because you don't know what the various aspects of a physical should cost.

Basic hints

(1) Take only the drugs and medications prescribed or recommended by your doctor. And be sure that your physician knows what other drugs and other over-the-counter medicines you may be taking—whether prescribed by him or by another doctor or dentist. Such drugs can interact in ways that could cause serious problems for you.

(2) Urge the pharmacist filling a prescription to follow your doctor's instructions at the lowest possible cost. But *do not* decide on your own to substitute a generic equivalent for a trade-name drug—assuming you are now taking one of these drugs or one is prescribed for you. Let your physician make the decision.

(3) Ask your physician to steer you to drugstores in your area that offer quality drugs at the lowest cost. The American Medical Association is now urging physicians to do this as a matter of course.

(4) Shop the drugstores recommended to you, for the variations can be astounding. As a general guide, discount drugstores will fill prescriptions at lower cost to you than regular drugstores. Co-op pharmacies are scarce, but if you can find a co-op, it may pay you to compare its services and prices with other pharmacies.

(5) Don't buy non-prescription drugs in large quantities unless they are really needed. A thousand-tablet aspirin bottle may seem more economical than a small size, but aspirin—and many other medicines—deteriorate with time. On the other hand, if you suffer from a chronic illness that calls for the use of prescription drugs over a long period, your doctor may prescribe in relatively large quantities and this can result in some savings.

(6) Ask your pharmacist how to store your medicines to avoid deterioration. Temperature, humidity and other storage conditions may vary with different drugs.

(7) Get "starter" supplies of drugs from your physician. Most doctors receive samples from drug firms and you save in two ways: You get your initial supply free and you can try out the medication for its effectiveness before you buy a larger supply.

(8) Make sure you're not paying a professional charge for a non-prescription, over-the-counter drug. Sometimes physicians recommend drugs that can be sold without prescriptions. But if the drugs are handled as regular prescriptions, the pharmacist will charge his usual fee. Ask your physician if the drug is a prescription item at the time he gives you the slip from his pad. If there's any doubt in your mind, look for the legend on the label. **End**

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1. Compare the official Match the Hulk™ Large Size Illustration in the February 1980 issue of Ladies' Home Journal magazine with those shown ■■ the Match the Hulk™ Large Size Sweepstakes displays at participating stores. If it matches exactly with one of the winning illustrations, you are a winner of the prize indicated. To claim your prize, mail your winning entry, along with your name, address and zip code, via registered or certified mail, for verification, to: Match the Hulk™ Large Size Winners, P.O. Box 2562, Westbury, New York 11591. (Winners of Incredible Hulk™ Games should send entries via First Class mail.) You may obtain ■■ official Match the Hulk™ Large Size Illustration free by sending a stamped, self-addressed envelope to Incredible Hulk Illustration, P.O. Box 2618, Westbury, NY 11591. 2. If you cannot find a Match the Hulk™ Large Size Sweepstakes display, you may request the winning illustrations by sending a stamped, self-addressed envelope to: Match the Hulk™ Large Size Illustrations, P.O. Box 2559, Westbury, New York 11591. 3. All matching winning entries must ■■ received by March 3, 1980. Any entry that is forged, mutilated, altered or otherwise defaced ■■ tampered with is automatically void. Entries will be verified by National Judging Institute, Inc., an independent judging organization, whose decision is final in matters relating to any portion of these rules. No responsibility is assumed for lost, misdirected or late mail. 4. Prizes are: Grand Prize: 1 Pontiac Phoenix Hatchback and 1 Pontiac Phoenix Coupe; 10 First Prizes: Magnavox Video Cassette Recorders; 15 Second Prizes: Kenwood Deluxe Stereo Systems; 195 Third Prizes: ITT Magicflash Cameras; 200 Fourth Prizes: Contempra Electric Char-B-Ques; 530 Fifth Prizes: Presto WeeBakerie Ovens; 900 Sixth Prizes: Avalon Industries Color 'N Recolor Incredible Hulk™ Games. Not more than 5,500,000 entries will be issued. Odds of winning are: Grand Prize: one in 5,500,000; First Prize: one in 550,000; Second Prize: one in 366,667; Third Prize: ■■ in 28,205; Fourth Prize: One in 27,500; Fifth Prize: one in 10,377; Sixth Prize: one in 6,111. 5. **Second Chance Sweepstakes: All unclaimed prizes, plus an additional 250 prizes of ■ year's supply of one of the Large Size products listed on the opposite page, will be awarded in a random drawing.** To participate, pick up an official Second Chance Sweepstakes entry form at the Match the Hulk™ Large Size Sweepstakes display, or on a plain 3 x 5 piece of paper, handprint your name, address and zip code, plus the name of your one favorite Large Size brand from those listed on the opposite page. Deposit your entry in the entry box ■■ the Match the Hulk™ Large Size Sweepstakes display at any participating store, or you may mail your entry to: Match the Hulk™ Large Size Second Chance Sweepstakes, P.O. Box 2606, Westbury, New York 11591. Enter as often as you wish, but each entry should be mailed separately, and received by March 15, 1980. 6. Prizes are not transferable and may not be exchanged. Only one prize to ■ family or household. Winners may be required to execute ■■ affidavit of eligibility and release. 7. This sweepstakes open to all residents ■ the U.S., except employees and their families of Lebhar-Friedman, participating stores, advertising agencies, Charter Publishing Company, their printers, and Don Jagoda Associates, Inc. Void in Utah and wherever prohibited. Subject to all Federal, State and local laws. Tax liability is the responsibility of the individual winners. 8. For a list of major prize winners, send a stamped, self-addressed envelope to: Match the Hulk™ Large Size Winners List, P.O. Box 2573, Westbury, New York 11591.

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Input/Output

An amusing short story about two people who taught a computer how to program poetry, love and a happy ending.

By Morton Fineman



Mr. Barankin picked us. That's why we were in the cab. Miranda had her attaché case and I had mine, and we sat side by side, sedately, a space between us in the cab, herky jerky in the morning traffic, up Sixth Avenue, on the way to the seminar.

God, she was beautiful. New York was shiny bright. The people on the street were shiny bright except for the ratty looking strays that are always on the streets in New York. But they were mostly hidden in the shininess of everything. I sneaked looks at her. Miranda! Even the name was perfect.

This was her first seminar. She was fretting about the expense account and Barankin.

Miranda, I wanted to say, forget all that. Forget Condon-Mears and their seminars. Decide, Miranda. The snowy Alps, the hot Aegean, Papeete and its golden sand? Anywhere but that glass-box hotel on stilts and conference room A, and the ugly, twist carpeting, the flip charts and the faint ether smell of felt-tip markers and color slides, and the urn of coffee with Styrofoam cups, and the subject, finally, that brought us here: "Management by Computer—the Future."

Everything I wanted to say wasn't said.

What I said was, "He's something, Barankin," and Miranda laughed.

Old Barankin, vice president in charge of data processing systems for Condon-Mears; 37 plants throughout the known world, and *(continued)*

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Input/Output

continued

probably more elsewhere in the solar system, as soon as that became technologically feasible and cost manageable—no kidding. They'll have them, with space shuttles zipping back and forth, dodging asteroids, and we'll communicate by satellite lasers.

Miranda and I were in Programs Planning, stuck out to one side on the organization chart, not in line. That's blue-sky stuff of which corporate dreams are spun. We even had our own computer to tinker with: a brain trust, a think tank for Condon-Mears. We are Barankin's pets. He would kill for the 72 geniuses and near geniuses in Program Planning. He calls us that publicly and at meetings on the 38th floor, where our great war chiefs gather.

Until Barankin brought her into my cubbyhole office, I didn't even know Miranda was working for Condon-Mears. She stood there like a dark-haired goddess with a faint, eternal smile, listening as Barankin praised me. We were all his favorites, but some were more favored than others. He suggested Miranda and I have lunch together since we'd be partners at the seminar. "Get to know each other. Strangers don't make good partners. And before you leave, Lionel, I'll lend you a decent tie because when I say lunch, I don't mean the employee cafeteria." He smiled at Miranda who hadn't said a word.

Now she said, "His tie is fine."

I knew it wasn't; I'd grabbed the first one off the tie rack this morning. Barankin smiled indulgently but I fell in love.

"I had Rosani's in mind," I said airily, knowing how that would hit Barankin. Rosani's was expensive, proud of its old reputation for its many little perfections and it was Barankin's favorite. "I'll use your name when I call for reservations."

"Let me," Barankin said grandly. He poked the intercom button and told his secretary to make reservations for 1:30. To me, he said, "Sign the check for Condon-Mears, Lionel. You can't afford Rosani's."

"Few can," I said.

"You son of a gun," he said. "I like your taste in restaurants."

I learned about Miranda at lunch. I learned she came from Utah—Utah! I had gone for months without realizing that Utah is a beautiful part of the U.S. She got a BS at Radcliffe, a master's at Columbia. A farm girl, a 4H Clubber. I tried and couldn't see the farm girl, the 4H Clubber.

I learned all that and still had a mystery: the image of her beautiful face and this chain reaction working from heart to head. Thirty-one is probably too old to fall in love in this wrenching, magic-making, impossible way. Maybe that's why I was bundled into a straitjacket of shyness.

For reasons of my own, I really looked forward to the seminar. We'd have lunch together for five days, probably dinners. We'd talk programming, hardware, software, Fortran, Cobol, random access, memory disks, batch processing, permutations, regression tables, probability theories. A lovelorn man could be disingenuous when he was driven to the wall by ardor. Somehow I'd flow-chart the passage of me to her. I'd make the language of computers the new love poetry; drag Eros, Cupid and Pan into the late 20th century. I'd invent a new mode for romance. In my head, I flow-charted delights, intimacies, simulations of gentle pleasures for two.

No luck. But you have to understand—I couldn't compete equally this time. Who could, contained behind this crazy, glass wall of shyness?

At the seminar, name tags on jacket lapels identified about 400 hotshots from all over the world, including a lot of the corporate logos you'd recognize.

Miranda made light of it all during breaks between sessions. I couldn't make light of it. Listen: A Spanish director of operations in Madrid waltzed her off to

inner and a concert. A department ead from a Dutch multi-national es- orted her to the opera. A Swede pro- osed marriage at the Plaza. The flower f computer science was in pursuit and stood by.

Up to now, I'd been able to hold my wn with women; at least make a re- pectable showing. Any mirror told me was at least passable. I could even turn usy dancing on my part into an asset. gave women something to laugh about ith me, a chance to take me in hand. ut every time Miranda smiled at me she undled me right back into that strait- acket of shyness.

One night Miranda said, "Why don't ou ask me out to dinner, Lionel? houldn't you do it out of corporate yalty?"

I smiled sheepishly, my specialty round her whenever we were alone. Three cheers for Condon-Mears," I aid. "Where do you want to eat?"

"Dine, Lionel," she said softly, making he distinction I should have made. Then dance."

"I'm a terrible dancer, Miranda. It's he one thing I've never been able to do."

"Talk then," she said, "but not about Condon-Mears."

You know what I talked about? Dan- ury, Connecticut, where I grew up. Don't ask me what happened to the Lionel of yore again. Look to Miranda.

"Lionel," she asked after listening to me for a long time, "do you know anything about Hartford, Connecticut?"

I sort of collapsed with chagrin and sat there shaking my head at this new Lionel.

"Lionel, I was only teasing. You happen to be a very brilliant man. Even Barankin is awed by you. But he was right about your tie that day in the office. I just felt this sudden desire to be on your side."

The next day she bought me a tie at B. Altman. The little gift card had a message. *For Lionel from Danbury, Connecticut. From Miranda from Septee, Utah (P.S. it's not on the map).*

After I was back in my regular daily routine at Condon-Mears, the seminar a memory of how I'd wanted to be with Miranda and how I had been, Barankin came into my office. He had my report on the seminar.

"Why is it," he asked, "that lately—post seminar, I mean—that you've got the only office where a visitor can't find a place to sit?"

"I just need more space."

"I'd give you more space if that were the problem. But that's *not* the problem, you son of a gun."

I knew he meant Miranda. "Mr. Barankin," I said testily, "I'm right in the middle here of a three-part simulation mode for minimum parameters for petrochemical inventories with abbreviated shelf lives. I'm trying to convert chemical formulae to decision tables and I can't get those dimwits we hire to give me firm degradation rates so I can assemble an accurate data base."

Barankin smiled and shook his head. "You son of a gun—that's why I love you." Then his expression darkened. "But are you really sure you know that's where the problem lies?"

He laid the seminar report on my desk. He touched the blue cover with his finger and smiled sadly. "Now take this. This isn't worthy of you, Lionel. Something has happened to you, a downhill slide in work quality, fuzziness of thought, conclusions that are unlike you, Lionel. Miranda gave me a dazzling paper on cash flow modalities and foreign currency rates of exchange. Absolutely brilliant. It's got possibilities for a major financial management system." He leaned forward. "Lionel, may we speak frankly? Man to man. We're both mathematicians, right?"

I nodded.

"We chase the ever-mysterious X, right?" Barankin smiled, man to man. "We can build the world with X, properly valued, right? You think I'm tough, demanding, hard-nosed. I am. But I'm more, Lionel. I know a time comes when a man looks on X in a *(continued)*



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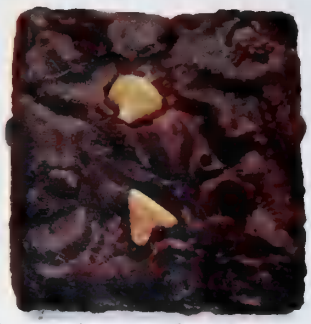
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Input/Output

continued

personal way, when he must do som thing about the value of X in his li Comprehension yet, Lionel?"

"You're talking about Miranda."

"Condon-Mears' beautiful Miranda He shook me lightly by the shoulde "Do something, fellow. Do somethi about the value of X. Take her to dinne Something. All this is not at all like yo Lionel. The old Lionel would know hc to deal with the value of X."

Later in the afternoon, I ran into M randa in the hall. She had her arn loaded with file folders. I grabbed the like a kid reaching for Christmas pre ents. She smiled at me.

"I haven't seen you, Lionel. And nc Barankin is sending me to Houston f two weeks."

"I'm so busy." I followed Miran into her office. It was the same size mine, but it had flowers and plants ar framed watercolors.

"Lionel, drive me to the airport t morrow."

"I don't have a car," I said miserabl

"Drive mine . . . Lionel, while I' away, will you water my plants?"

"Yes," I said fervently.

She sat down, looking at me specul tively. "Lionel, how come I never s you in the cafeteria?"

"I usually eat at my desk."

"I thought if I saw you in the caf teria, I could join you . . . and the might be something else about Da bury, Connecticut, you could tell me Even her deadpan look was beautifu

"I told you everything about Da bury. Where are you staying?"

She wrote down the name of tl hotel and tucked the green memo she into my breast pocket. "What's the ma ter?" she asked.

"This is crazy. . . . The way I feel. mean you're so beautiful. It's unnervin Miranda."

"I don't think I'm beautiful," she sa calmly. "There are dozens of women Condon-Mears who are much bett looking. Do you want me to confe something, Lionel?" She smiled. "I we contacts. I have big feet and my ea are too big. Look at my ears."

"They're not too big," I said.

"I have a crooked eyetooth," she sai "Even braces couldn't do anything f it. Look," she said again.

"Stop trying to make yourself ord nary," I said. "It won't work."

"Lionel, I hope things will be differe when I come back from Houston. Ju remember all the things I said about m and think about them. And don't lose th name of my hotel."

Things *were* different. *(continue*

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Cheery Cherry Cheese Pie (Makes 1 pie)

- 1 (8-ounce) package cream cheese, softened
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- 1/3 cup ReaLemon® Reconstituted Lemon Juice
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Input/Output

continued

Things were different even before Miranda returned. We had gale force winds blowing through the Data Processing Systems Division.

I was right in the middle of it and Miranda would be, too, when she got back. Barankin stormed through offices and down hallways like a dragon full of bloodlust.

Somebody was playing games with his precious computer programs. Poems addressed to Miranda were turning up in printouts. Apparently somebody had gotten into the programs with modifying instructions. The data we got through regular computer programming was all there, but often, unexpectedly, a poem to Miranda would twinkle like a sudden jewel in the printout sheets. People said that whoever had done it displayed damn good taste in love poetry.

"Lionel," Barankin said to me, "I want it stopped. Scratch those sneaky instructions from all programs you've monkeyed with. There will be an immediate end to this tomfoolery! And that's an order."

"I didn't do it," I said.

"If you didn't," he said, "then it's got to be Miranda."

"She didn't do it. She wouldn't do such a thing."

"That brings the loop back to you," Barankin said. "Frankly, you're my major suspect, Lionel. You're the lovesick character. When I said find the value of X for yourself, Lionel, I didn't mean horsing around with the programs. This goes beyond Ed Barankin's patience and tolerance. If you didn't do it and Miranda didn't, then find out who did, and take action. Start helping me."

That night I called Miranda in Houston. She laughed even after I told her it wasn't a laughing matter to Barankin. I said it could end with Barankin firing both of us.

"Lionel," she said reflectively, after a moment, "are you sure you didn't patch into the programs? If you were going to do something that would be your style."

Her soft voice dazzled me with its intimations of secret approval. I could hear the silent sounds of her applause. "Now I wish I had done it," I said. I couldn't quite figure out what was happening to me. I felt elated, easy with her. I could answer her without feeling I had ten knuckles jammed down my throat. "Let him fire us," I cried. "You and I could get jobs anywhere in the world. All I have to do is make a couple of phone calls, Miranda. I'll bet I could have us job offers in three countries in twenty-four hours."

As I was catching my breath after that *(continued)*



"Malnutrition! I think she should have lots of cookies!"



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Winners will be determined in random drawings from all entries received. Drawings will be under the supervision Market Force, Inc., an independent judging organization, whose decisions are final. Odds of winning will be ermined by the number of entries received. Entries must be postmarked by June 23, 1980 and received no later n June 30, 1980.
All prizes will be awarded. Trip must be taken within one year of prize notification, subject to space availability. ly one specific destination may be chosen. Grand prize winner is responsible for procurement of all required :umentation, vaccinations and/or inoculations. Certain destinations may be deemed not available due to government ulations, flight schedules, availabilities, and international considerations.
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Input/Output

continued

outburst, a little suspicion hit me. "Miranda," I said, "did you by any crazy chance do it? To send me a message?"

"Lionel, if I *had* thought of it, I would have. I've been waiting for weeks to have you talk this way to me about something besides Danbury, Connecticut, and how you won the American Legion Medal in junior high school."

What I said now made me feel like primitive man seeing fire for the first time. "Miranda, when you come back, I want you to give me dancing lessons."

"Ten free ones," she said and hung up.

I sat there, thinking about the value of X and the poems to Miranda.

Inexplicably, mysteriously, the poems stopped appearing after one more sonnet by Shakespeare—the summer day sonnet. Somebody had scrubbed the instructions and the computer printouts held no more surprises in verse.

"You weren't a day too soon," Barankin said to me. "No more cutesy tricks, Lionel. I told the 38th floor we had a practical joker who's learned his lesson, is contrite, wants us to forget the whole episode. I said I'll stand by him because he's a top-flight man, and I have his firm promise. I have that, don't I, Lionel?"

"You win, Mr. Barankin, if it makes you happy." Miranda was returning in two days and I was immune to Barankin. All I could think about was ten free dancing lessons.

"Ah, ha," he said. "Oh, you are cute." He shook his head and hurried down the hallway because the day was short and management matters long.

The first day Miranda was back from Houston, Barankin called me into his office. "We've got a situation here that needs immediate attention."

I paused to examine myself in the mirror that hung inside my coat closet. I smiled at the tie Miranda had brought back from Houston.

Miranda was in Barankin's office, in the gold leather armchair by the window. Barankin beamed at me. Men always did that when Miranda was near; they wanted to show only their best side. He motioned me to a chair.

"All right," he said, "here we all are together for a little cold turkey talk, straight from the shoulder, no jive. The poetry has stopped, for which I'm grateful to you, Lionel. But I've still got aftereffects. What I mean is I'm still not getting the kind of top-grade work I used to get from this guy, Miranda, and you, darling, are the cause."

"Dear me," Miranda said, dropping her voice to a wicked low pitch.

"We have to negotiate a solution here, like reasonable people. I don't want to butt into private lives. I'd be the last man to invade privacy. But believe me when I say this: Good management dictates that *somehow* I step in. Miranda, what is your true opinion of Lionel?"

She looked at me, straight-faced, then at Barankin. "He's really quite adorable. But something about me makes him very shy ninety-nine percent of the time . . . but I'm working on it."

"In all fairness to him, I have to say I think his choice in ties has improved lately." Barankin swung around toward me. "What about Miranda, Lionel?"

"I love her, Mr. Barankin."

He looked at Miranda and beamed. "That wasn't too shy," he said. "I'm glad you've learned the value of X. Do you believe him?" he asked Miranda.

"Yes," she said.

"Good," Barankin said energetically. "We had input. Now we've got output. Does anybody feel we need a rerun on the input? Good. Now go take a coffee break and consider where you'll go from here. And I hope you'll do what the output dictates. My day is already too short, so excuse me."

Miranda and I walked out into the hallway. We held hands.

"Do you want coffee, Lionel?"

"I want dancing lessons."

"Tonight."

"I also want to marry you."

"Let's wait until you get your dancing lessons." She smiled. "That way you can dance at the wedding."

We walked into the cafeteria and sat down and looked at each other.

"Lionel," she said. "Barankin did it—the poetry in the computer."

I thought about it and laughed. "It had to be him. Maybe that's innovative management. He's always jabbering about innovative management."

Miranda lifted her coffee cup with one hand. I took the other.

"Miranda," I said, "I have to tell you. I've never been able *really* to learn how to dance."

She set down the coffee cup, then put *that* hand on top of my hand. "You've had lessons?" Her eyes took on a shine that came from some sudden well of merriment. "Maybe you've never known how to pick the right teacher?"

People saw us. The ones who knew us smiled because they knew about the poetry and now they saw its unearthly powers at work.

"Miranda," I said, "stay here. I'll be right back."

I went to a telephone. Mr. Barankin wasn't in his office, so I asked the Condon-Mears operator to page him.

"We need the afternoon," I said.

"You son of a gun," he said slowly and paused. "You got it."

We needed the rest of our lives together, but right now we needed the afternoon. **End**

FRANCO-AMERICAN

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2. Each entry must be accompanied by any two (2) back panels from the following Franco-American Products: Beef Ravioli, Beef Raviolios, Beefy Mac, Cheese Raviolios, Rotini & Meatballs, Spaghetti with Meatballs, Spaghetti in Meat Sauce, "SpaghettiOs" with Little Meatballs or "SpaghettiOs" with Sliced Franks—or the words FRANCO-AMERICAN hand printed on two (2) plain pieces of 3" x 5" paper.

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4. The Grand Prize winner will be selected in a random drawing from among all entries received. All other sweepstakes prizes will be awarded in random drawings from among all entries received for each of the nine (9) sweepstakes. Random drawings will be accomplished by the D. L. Blair Corporation, an independent judging organization, whose decisions are final.

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Southern Sideboards

The South still offers the richest food traditions in the land. Here is a new sampling of this magnificent bounty.

In the rich tradition of Southern dining, food can be served from a sideboard as formal as an elegant Sheraton antique or (in the new South) as informal as a wrought iron patio table. But whatever the surface, food is the real point, and in the South this means endlessly fascinating, inexhaustible variety. Which brings us to this month's feature, *Southern Sideboards*, a superb collection of Southern fare from the Junior League of Jackson, Mississippi. It is a book we knew we wanted to include in this series when it first came across our desk two years ago, for here is one of those rare general cookbooks—from appetizers to desserts—that's been carefully edited, kitchen-tested and published with an appeal to good cooks everywhere.

Above: Hostess Melissa Lutken and a welcome to Sub Rosa plantation in Jackson, Mississippi, with Country Ham surrounded by Dressing Patties and Baked Stuffed Oranges—all served with a fiery Jezebel Sauce.

Our first *Sideboard* sampling took us outside Jackson to the classic beauty of Sub Rosa plantation, in a springtime setting of *(continued)*

Photographs by Nick Samardge

GIVE TONIGHT'S DINNER SOME BOUNCE.



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Serve a Cinnamon Applesauce Salad.

2 packages (3 oz. each) JELL-O® Brand Orange Flavor Gelatin	¾ cup cold water
1¾ cups boiling water	1 cup applesauce
	1 cup (8 oz.) sour cream
	¼ teaspoon cinnamon

Dissolve 1 package gelatin in 1 cup boiling water; stir in cold water. Pour into 6-cup mold. Chill until set but not firm. Meanwhile, dissolve remaining gelatin in ¾ cup boiling water. Blend in applesauce, sour cream and cinnamon. Chill until mixture starts to thicken. Spoon into mold. Chill until firm, about 3 hours. Unmold and garnish with salad greens. Makes 5 cups or 10 servings.

GF
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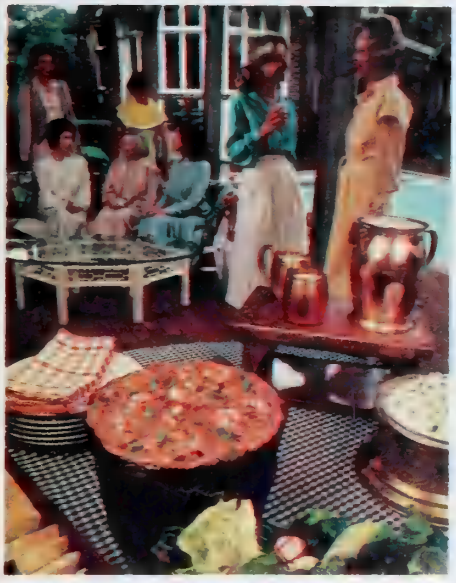
The dessert sideboard. Front row, from left: Orange Chiffon Pie; Praline Cheese Cake—a new cheese cake recipe with the crunch of pecans; Brown Sugar Pound Cake—wonderfully moist and a welcome change from the usual. In the back: A traditional Lemon Rub Pie and an unusually good Cheese Cake with Strawberry Glaze. The beverage: Delta Mint Tea.

blazing azaleas and billowy dogwood. Older food traditions took the day here with a heroic country ham on its silver salver and a proper sideboard laden with cakes and pies worthy of a master chef.

"Country" is a generic term covering a wide range of specially cured meats sold variously as Virginia, Kentucky and Smithfield hams. How the ham is actually cured and smoked varies, but the result is always a distinctive product that has long been a great favorite of ours. Expensive up front, it goes a long way and does make one of the most impressive grand-occasion dishes we know. And we've quite simply never seen it done better than we did in Jackson.

As is always the case with these stories, it is the women themselves who are the chefs. We arrange and poke and perhaps go so far as to prop up a strawberry here and there, but just as the recipes represent local talent, so does the preparation of same. And in Jackson, at least among the League there, talent is not in short supply.

Our hostess at Sub Rosa, Melissa Lutken, while managing the invasion of her house with utmost cool, was also able to appear on a moment's notice as the classic Southern belle in hoop skirt for our picture. "Just a plain old piece of dimity," said she, but to our unanimous approval and admiration.



Patio Sideboard, above: shrimp stew in an iron pot, with a side dish of rice, French bread, salad with tangy dressing, milk punch. In the foreground, League coordinators for our story, Sarah Jones and Bettye Mason.

A more contemporary sideboard represented another aspect of the cookbook and Jackson itself, on Sondra Holman's patio: a wrought iron table covered in a red checked cloth for a buffet of shrimp stew, French bread and salad. The shrimp stew was a triumph and, despite its many ingredients (including green chilies and smoked sausage), simplicity itself. Traditional milk punch was the beverage.

We further sampled "Sideboard" recipes at two receptions given for us—one a cocktail, standup affair and the other a serious and extravagant sit-down banquet prepared and served by League members. All in an environment of warm and easy hospitality that always makes a trip to the South an occasion to cherish and treasure.

Rain, sadly, dogged our way throughout, which in no way marred the success of our project, but which ominously came as the prelude to catastrophic flooding in the area soon after we left.

As with Leagues everywhere, the Jackson group is a flurry of volunteer and fund-raising efforts. Among the many current projects that book proceeds help support are an alcoholic rehabilitation home, tennis courts and other facilities for underprivileged children and an active concern with local historic preservation programs.

Turn the page for a sampling of the 950 recipes in *Southern Sideboards*, and fill in the coupon that appears on page 75 to order a complete copy for your library.—JOHN STEVENS

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Southern Sideboards

continued

VIRGINIA HAM WITH DRESSING PATTIES

pictured on page 66

Ham

- 1 12 to 14 pound Virginia or country ham
- 3 cups sherry
- 3 bay leaves
- 2 tablespoons whole cloves
- Vinegar
- Brown sugar
- Prepared mustard
- Bread crumbs

Dressing Patties

- 1½ cups white bread crumbs
- 3 cups corn bread crumbs
- 1 teaspoon dry mustard
- 1 teaspoon sugar
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- 2 tablespoons celery seed
- 1 medium onion, chopped
- 2 eggs, beaten
- ⅓ cup cider vinegar
- 2 tablespoons ham fat, melted (from baked ham)
- ½ cup milk
- 3 tablespoons ham liquid (from baked ham)

Jezebel Sauce

- 1 jar (5 oz.) prepared horseradish
- 1 can (1.12 oz.) dry mustard
- 1 jar (18 oz.) pineapple preserves
- 1 jar (18 oz.) apple jelly
- 1 teaspoon coarsely ground pepper*

Ham: Scrub ham with a brush and lukewarm water to remove excess seasonings and any mold. Place in a large pot or sink. Cover with water and soak several hours or overnight. If less salty ham is preferred, change the water frequently. Place ham in large pan; mix sherry, bay leaves and cloves and pour over ham. Cover and bake at 275°F. for 20 to 25 minutes per pound, turning periodically. Cool ham overnight in mixture.

Cut off ham skin. Make a paste of remaining ingredients (approximately 1 part vinegar, 2 parts brown sugar, 1 part mustard and 3 parts bread crumbs) and spread over ham. Dot with additional cloves. Bake uncovered in a preheated 400°F. oven for about 30 minutes to brown. Slice thinly and serve with Dressing Patties. Makes 25 servings, about 435 calories per 6 oz. serving.

Dressing Patties: Grease cookie sheet or miniature muffin tins. Mix together all ingredients. Taste for seasonings; add more pepper or vinegar as desired. Heat baking pans. If using muffin tins, fill about half full, using about 1 tablespoon of crumbs for each muffin. If making patties, use same amount on cookie sheet. Bake in preheated 400°F. oven for 30 minutes. Serve hot preferably, but can be served cold. Can be stored in refrigerator or freezer. Patties are hot and are intended more as a taste enhancer with the ham than as a dressing. Great for a cocktail buffet. Makes about 4 dozen patties, about 25 calories each.—*Mrs. Sydney A. Smith*

(continued)

THE SOUTHWEST SCRAMBLE©

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Incredible California Avocado Skillet Supper

1 California avocado, peeled, pitted (dice ½ and slice remaining ½ avocado into crescents)
1 Tbs. lemon juice
2 Tbs. butter
½ cup chopped onion
½ cup chopped green pepper
8 eggs
¼ cup milk
½ tsp. salt
Dash pepper
½ cup shredded Cheddar or Monterey Jack cheese
Mexican salsa (hot sauce) to taste

4 servings

In small bowl mix avocado and lemon juice and set aside. In large skillet over medium heat, cook onion and green pepper in butter until tender but not brown. Meanwhile, mix eggs, milk, salt and pepper with a fork or rotary beater. Pour egg mixture over onions and green pepper. As eggs begin to set, gently draw pancake turner completely across bottom and sides of skillet, forming large soft curds, until eggs are thickened but still moist. Mix in diced avocado and cheese. Top with salsa and sliced avocado crescents (as illustrated). Accompany with hot buttered tortillas and heated refried beans topped with additional shredded cheese.



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17 mg. "tar," 1.3 mg. nicotine av. per cigarette, FTC Report May 1978.

Jezebel Sauce: Mix the horseradish and dry mustard well. Combine with remaining ingredients. Will keep in refrigerator for months. Especially good on sliced ham. Makes 4 cups, about 40 calories per tablespoon.—*Miss Lynda Wright*

ED. NOTE. The recipe called for 2 tablespoons. We tried it and it nearly blew our heads off.

BAKED STUFFED ORANGES
pictured on page 66

4 large navel oranges
2 cups crushed pineapple with juice
Juice of 1 lemon
½ cup sugar
¼ cup sherry
½ cup walnuts, finely chopped

Cut oranges in half and scoop out pulp. Place pulp in 3-quart saucepan with pineapple; add lemon juice and sugar. Cook over low heat, stirring occasionally, until mixture becomes the consistency of a thin marmalade. As mixture cooks, scallop edges of orange shells, if desired, using small scissors. Stir sherry into pineapple mixture and refill shells. Sprinkle with walnuts. Bake at 350°F. for 20 minutes. Cool. Do not refrigerate; serve at room temperature. Can be held at room temperature overnight. Makes 12 servings, about 155 calories each.—*Mrs. Reuel May, Jr.*

ORANGE CHIFFON PIE
pictured on page 69

3 ladyfingers
1 envelope unflavored gelatin
¼ cup sugar, divided
⅛ teaspoon salt
2 eggs, separated
½ cup cold water
1 can (6 oz.) frozen orange juice concentrate
1 cup heavy or whipping cream, whipped
Grated orange peel for garnish

Split ladyfingers. Cut ends off enough ladyfingers to line sides of a 9-inch pie plate. (They should extend above the rim to hold the filling.) Line bottom of pie plate with remaining ladyfingers; set aside.

Combine gelatin, ½ cup sugar and salt in medium saucepan. Beat egg yolks and water; stir into gelatin mixture. Cook over low heat; stir constantly until gelatin dissolves and mixture thickens slightly, about 5 minutes. Remove pan from heat. Add frozen orange juice concentrate and stir until melted. Mixture should mound slightly when dropped from spoon (if not, chill a few minutes). Beat egg whites until stiff peaks form, but not dry. Gradually add remaining ¼ cup sugar to egg whites and beat until very stiff. Fold into gelatin mixture. Fold in whipped cream.

Pour mixture into pie shell. Chill until firm, but do not freeze. Garnish with grated orange peel, if desired. Makes 6 servings, about 380 calories each.—*Mrs. John A. Jenkins, Jr.* *(continued)*

Oh the lovely nutty things you can do with Diamond Walnuts.



Crunchy Diamond Walnuts, sticky syrup and a fragrant yeast dough give these old favorites a delicious new twist.

Walnut Sticky Buns

1 env. active dry yeast
2 Tbsp. warm water
¾ cup boiling hot milk
½ cup granulated sugar
3 Tbsp. shortening
½ tsp. salt
1 large egg
2 cups sifted all-purpose flour
1 tsp. grated lemon peel
¼ tsp. ground ginger

Walnut Pan Coat
1 Tbsp. melted butter
½ cup chopped Diamond Walnuts
¼ tsp. cinnamon

Sprinkle yeast over warm water; let stand 5 min. to soften. Meanwhile, stir hot milk, ¼ cup sugar, shortening and salt together. When lukewarm, add egg, 1½ cups flour, lemon peel, ginger and yeast. Beat on mixer at medium speed 2 min. Stir in remaining ½ cup flour to make moderately soft dough. Knead a few seconds to smooth out and round up dough. Cover; let rise in warm place until doubled, 1 to 1½ hours. Prepare Walnut Pan Coat. When dough has risen, turn out onto floured board; roll out to an 8 x 12-in. rectangle. Spread with butter; sprinkle with ½ cup walnuts and remaining ¼ cup sugar mixed with cinnamon. Roll tightly, starting from long side of dough. Cut in 1-in. slices. Arrange cut-side down in prepared pan, placing 3 rolls in center, 9 around edges. Let rise until doubled, 40 to 50 min. Bake 375° F. about 25 min., until browned and baked through. Loosen edges, invert over plate. Let pan rest on rolls 1 min. so syrup drains. Serve warm. Makes 12 rolls.

Walnut Pan Coat: Melt ¼ cup butter in small saucepan. Add ½ cup brown sugar, packed, 2 Tbsp. dark corn syrup and 1 Tbsp. water. Stir over moderate heat until mixture reaches simmering, and sugar dissolves. Turn into 9-in. layer cake pan; sprinkle with ½ cup large pieces Diamond Walnuts.



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CALIFORNIA ICEBERG LETTUCE COMMISSION.

PRALINE CHEESE CAKE
pictured on page 69

cup graham cracker crumbs
tablespoons granulated sugar
tablespoons butter or margarine, melted
packages (8 oz. each) cream cheese, softened
¼ cups packed dark brown sugar
tablespoons flour
eggs
½ teaspoons vanilla extract
cup finely chopped pecans
tablespoon maple syrup
ecan halves (optional)

eheat oven to 350°F. Combine crumbs, anulated sugar and butter or margarine; ess into bottom of a 9-inch springform n. Bake for 10 minutes.

In large mixer bowl combine cheese, own sugar and flour, beating at medium eed until well blended. Add eggs, one a time, and beat well after each addi- n. Add vanilla and nuts and continue ixing until well blended. Pour mixture er crumbs. Bake 50 to 55 minutes. ool. Loosen cake from rim of pan; chill. rush with maple syrup and garnish with ecan halves, if desired. Makes 12 serv- gs, about 390 calories each.—*Mrs. ichard L. Redmont, Jr.*

BROWN SUGAR POUND CAKE
pictured on page 69

½ cups shortening
package (16 oz.) brown sugar
cup granulated sugar
eggs, separated
cups unsifted all-purpose flour
teaspoon double-acting baking powder
teaspoon salt
cup milk
cup chopped pecans
teaspoon vanilla extract

eheat oven to 325°F. Grease and flour a -inch tube pan; set aside.

In a large mixer bowl cream shortening d sugars, scraping sides of bowl occa- nally. Add egg yolks, one at a time, eating well after each addition. Beat un- light and fluffy. Combine flour, baking wder and salt. Add alternately with ilk, beginning and ending with flour. ir in pecans and vanilla. *(continued)*

Southern Sideboards contains over 950 twice-tested recipes on 414 pages. This hard cover, spiral-bound book has many old family favorite recipes as well as a special chapter for making crafts and gifts. To order your copy, send $7.95 plus $1.30 for postage and handling to:

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Strawberry Glaze: Place 1 cup strawberries in blender. Cove and blend until puréed. Arrange remaining whole or halve strawberries on top of cake; set aside. Place sugar and corn starch in small saucepan; add strawberry purée slowly; the add lemon juice and red food coloring. Cook until thick an mixture begins to boil. Do not overcook. Pour glaze ove strawberries. Decorate with more whole strawberries or min leaves. Makes 12 servings, about 450 calories each.—*Mrs James Savage, Jr.*

BLACK IRON POT SHRIMP STEW
pictured on page 69

- 1 cup flour
- 1 cup salad oil (or ½ cup salad oil and ½ cup olive oil)
- 3 large yellow onions, chopped
- 1 bunch green onions and tops, chopped (reserve some for garnish)
- 2 green peppers, chopped
- ½ cup Worcestershire sauce
- Dash bottled red pepper sauce
- 1 can (8 oz.) tomato sauce
- 1 can (10¾ oz.) condensed cream of mushroom soup, undiluted
- 1 can (10 oz.) tomatoes with green chilies
- Salt and pepper
- Dash oregano
- Dash thyme
- 2 cans (8 oz. each) sliced mushrooms, drained
- 4 ribs celery, chopped
- ½ pound smoked sausage, parboiled and sliced
- 6 bay leaves
- ¾ cup sauterne
- 5 pounds raw shrimp, shelled and deveined
- ½ cup minced fresh parsley

Make a rich brown roux by stirring flour and oil in iron pot o skillet and cooking over low heat for about 45 minutes to hour. Do not let it burn. Add onions and green peppers to rou and cook for 45 minutes. Add remaining ingredients excep shrimp and parsley. Cover and simmer about 1 hour, stirrin occasionally. Add shrimp; cover and cook 30 minutes. Kee heat constant and stir frequently. Before serving add parsle and reserved green onion. Serve over buttered and frie French bread slices or cooked rice. Makes 10 servings, abou 560 calories each.—*Mrs. D.T. Brock*

Southern Sideboards

continued

In small mixer bowl beat egg whites until soft peaks form; fold into cake batter. Pour into tube pan. Bake 1 hour, 30 minutes or until cake tester inserted in center comes out clean. Makes 16 servings, about 475 calories each.—*Mrs. Donald Parsons*

CHEESE CAKE WITH STRAWBERRY GLAZE
pictured on page 69

Cookie Crust
- 1 cup sifted all-purpose flour
- ¼ cup sugar
- 1 teaspoon grated lemon peel
- Scrapings from small vanilla bean
- 1 egg yolk, beaten
- ½ cup butter, softened

Filling
- 1¼ pounds cream cheese (2½ 8-oz. packages)
- ¾ cup sugar
- 4 teaspoons flour
- ¾ teaspoon vanilla extract
- ¾ teaspoon grated orange peel
- 2 tablespoons sour cream
- 2 tablespoons milk
- 4 egg yolks

Strawberry Glaze
- 2 pints fresh strawberries, divided
- ¾ cup sugar
- 1½ tablespoons cornstarch
- Juice of ½ lemon
- 5 drops red food coloring (optional)

Cookie Crust: Preheat oven to 400°F. In medium bowl combine all crust ingredients. Mix with pastry blender or hands until mixture forms coarse crumbs. Pat crumbs into bottom of 9-inch springform pan. Bake for 10 minutes; cool.

Filling: Increase oven temperature to 500°F. In large mixer bowl with electric mixer at medium speed, beat cream cheese until softened. Beat in next 6 ingredients. Add egg yolks, one at a time, beating well after each. Pour over crust in springform pan. Bake for 6 minutes; then reduce heat to 200°F. and continue baking for 30 minutes more. Do not overbake. Cool on wire rack; refrigerate. Leave in springform pan until chilled; then unmold.



"Mexican Tour"



stand 10 minutes until bubbly. Add to milk mixture with the oil and 1 tablespoon sugar.

Into large bowl measure flour, salt and 2 teaspoons sugar. Make hole in center of these ingredients and pour in yeast-milk mixture. Stir thoroughly but do not knead. Dough will be soft. Cover with damp cloth and put in warm place to rise. Allow about two hours for first rising. Stir down dough. Place on lightly floured board (sometimes more flour has to be added). Divide dough in half. Roll out each half into a ½-inch thick oblong. Then roll each jelly-roll fashion; continue rolling, pressing with hands until a long thin loaf is achieved, about 14 to 16 inches. Grease baking sheet, lightly sprinkle with cornmeal. Place loaves on sheet; cut diagonal slits across top of each loaf. Set in warm place to rise, about 45 minutes.

Preheat oven to 400°F. Place pie tin in bottom of oven and fill with water. Bake bread 15 minutes, then reduce heat to 350°F. and bake 30 minutes longer. Spray the oven intermittently with water during the last 30 minutes. Brush loaves with glazing mixture of egg white mixed with water near end of baking time. Cool on wire rack. Makes two 16-inch loaves, about 70 calories per 1-inch slice.—*Mrs. James P. McKeown*

TANGY DRESSING
pictured on page 69

½ cup vinegar
6 tablespoons sugar
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
1 teaspoon paprika
1 teaspoon salt
1 teaspoon celery seed
¼ teaspoon pepper
⅛ teaspoon garlic powder
1 cup salad oil

Place vinegar in jar with tight lid or blender. Add all other ingredients except oil. Shake or mix until ingredients are dissolved. Add oil and shake or mix again. Serve on fruit or tossed greens. Makes 2 cups dressing, about 70 calories per tablespoon.—*From the recipes of John B. Mason* **End**

LEMON RUB PIE
pictured on page 69

½ cup butter, softened
2 cups sugar
6 eggs
Juice and grated peel of 3 lemons
3 tablespoons flour
1 unbaked 9-inch pie shell

Preheat oven to 350°F. Cream butter and sugar until well blended. Add eggs, one at a time, and beat well after each addition. Add lemon juice, peel and flour, mixing well. Pour filling into pie shell and bake for 30 to 35 minutes or until top browns and pie is set. Cool on wire rack. Makes 8 servings, about 380 calories each.—*Mrs. James R. Galyean III*

ELLA'S DELTA MINT TEA
pictured on page 69

7 tea bags
12 sprigs mint
Peel of 3 lemons
8 cups boiling water
Juice of 7 lemons
2 cups sugar
8 cups cold water

Steep tea, mint and lemon peel in 8 cups boiling water for 12 minutes; remove tea bags and mint. Add juice and sugar, stir until sugar is dissolved. Strain. Add 8 cups water. Makes 1 gallon, about 100 calories per cup.—*Mrs. Ken P. Toler*

FRENCH BREAD
pictured on page 69

1 cup water
½ cup milk
2 packages active dry yeast
¼ cup water, warmed to 85°F.
1½ tablespoons salad oil
1 tablespoon sugar (optional)
4 cups unsifted all-purpose flour
2 teaspoons salt
2 teaspoons sugar
Cornmeal
1 egg white, beaten
1 tablespoon cold water

Heat 1 cup water and milk until tiny bubbles form around the edge. Cool. Dissolve yeast in ¼ cup warmed water and let

"Recipes Olé!"



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1 lb. ground beef
1 10 oz. can Old El Paso Tomatoes and Green Chilies
1 envelope Old El Paso Taco Seasoning Mix
¾ cup water
1 tomato, peeled and chopped
8 hamburger buns, split and toasted
2 cups shredded lettuce
1 cup (4 oz.) shredded American or Monterey Jack Cheese

Brown meat; drain fat. Stir in Old El Paso tomatoes and green chilies, taco seasoning mix, water. Simmer uncovered till thick, about 15 minutes. Stir in chopped tomatoes. Heat. Divide, spoon onto buns; top with lettuce, cheese. Serves 8.



THE OLD EL PASO TUNA TOSTADAS

1 9¼ oz. can tuna, drained and flaked
2 Old El Paso Whole Green Chilies, seeded, rinsed and drained and chopped
1 tbsp. lime juice
¼ tsp. salt, dash pepper
8 Old El Paso Tostada Shells
2 cups shredded lettuce
1 tomato, chopped, drained
1 small ripe avocado, seeded, peeled and cubed
lime wedges
Old El Paso Taco Sauce

Toss tuna, chilies, lime juice, salt, pepper. Divide and spoon tuna mixture on shells; top with lettuce, tomato, avocado. Pass lime wedges, taco sauce. Serves 8.



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OLD EL PASO

What if your husband has lost interest in sex? Or if the things that turn him on, turn you off? An expert explores some of the problems that can change loving couples into perfect strangers.

By Theodore Isaac Rubin, M.D.

What Are Your Most Intimate Sex Questions?

During the first two years of our marriage our sex life was terrific, everything I'd ever expected love to be. But for the past year my husband has gradually lost interest in me and in sex. I've tried everything to turn him on, believe me, but nothing works. He claims that he's simply too tired to make love. I'm tired too—of pleading and arguing with him. I know he works hard, but not *that* hard. And our doctor says his problem isn't physical. I've even accused him of seeing another woman—he denies it, and I believe him, but we had our biggest fight ever. What's wrong with my husband? I'm so afraid that this problem is going to destroy our marriage.

Sex therapists have only recently come to recognize the loss of sexual interest as a sexual dysfunction. It's a problem that may be even more serious than impotence, premature ejaculation and the inability to achieve orgasm, for example, because these malfunctions are readily amenable to teaching and training designed to improve sexual knowledge and technique. But the loss of sexual interest is almost always a symptom of an underlying disturbance that has nothing to do with sex at all. Unfortunately, this symptom is much more common among married couples than was previously suspected.

Boredom with one's life, or feeling frustrated by a job, or thwarted at any creative endeavor, can bring on the problem. Envy of one's mate for some reason can be the cause, as can depression. And some people are not able to sustain a close, emotional involvement with another human being without feeling unduly coerced and inundated. They feel a loss of freedom that can lead to a loss of desire as well. Finally, repressed anger, which leads to repression of all other feelings as well, is the most common underlying disturbance in these cases. Recognition and improved handling of anger can result in considerable improvement in one's sex life. Obviously, the problem is complex. Before it becomes a way of life, I would advise that your husband seek professional counseling.

My husband and I can't agree on when to have sex. I want to make love at night, before we go to sleep; he prefers the morning, before he goes to work. I'm really too busy in the morning, and he says he's too tired at night. So lately we've been having sex in the morning—and I'm not enjoying it at all.

How should we handle this problem?

Your greatest difficulty is not your individual preferences but rather the inability of either of you to capitulate to the other person's desires, or to compromise. Holding one's ground, no matter what, is ruinous to all human encounters, particularly sexual ones. Instead, why don't you both make an effort to please each other? You could, for example, alternate times and also keep parts of your weekends free for lovemaking. If your husband's fatigue is a real problem, frequent short vacations may be called for. If your morning schedule is actually very tight, perhaps you could change your routine once in a while. Nothing will be helpful, however, if one or both of you desires nothing short of complete compliance by the other. The result will be enough dissatisfaction, frustration and rage to destroy the relationship—sexual and otherwise.

Is it unusual for a woman to have sexual fantasies while in bed with her husband? I often pretend that a stranger is making love to me. Does this mean I don't really love my husband? I feel so guilty about not telling him my secret thoughts. Is it wrong to keep my fantasies to myself? Am I abnormal?

It is extremely common for women and men to have sexual fantasies while in bed with someone they love. And fantasies definitely are not evidence of a lack of feeling. A thought is not an action, and few fantasies are translated into action. In fact, most people have no desire to act out their fantasies, even if they would not feel guilty doing so.

If you decide to tell your husband about your fantasies and give away your "secret," then be aware that you may also give up the excitement they evoke in you. Some sex therapists encourage their patients to have fantasies in order to help them achieve and sustain strong sexual feelings for their partners.

End

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.



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THE DIET TRAP:

HOW THE PEOPLE YOU LOVE KEEP YOU FAT



Your husband buys you cakes; the children tease you. What do you do about these diet saboteurs? A Weight Watchers expert tells how to recognize–and deal with–a dieter's hidden enemies. By Janice Billingsley.

In the world of dieting, everyone knows the evils of chocolate, the French fry and banana cream pie. Equally familiar are the perils of weakened willpower, late afternoon hunger pangs and leftovers in the refrigerator.

But beyond your battle with calories can lie a secret obstacle to thinness–your family and friends. For a variety of reasons–unconscious and conscious, well-meaning or destructive–husbands, children, parents and friends can undermine a woman's most serious dieting attempts. It can be a demoralizing experience for her and, if she's not aware of what's going on and how to control it, it also can mean the end of her diet.

CHILDREN: "Our children are forever asking to be taken out for ice cream, and my husband almost always refuses," says one woman who had just announced her diet plans to her family. "Suddenly, last weekend, when the kids asked, he suggested the whole family go to the ice cream parlor together."

"Teen-agers can be very cruel," says an English teacher of her adolescent children. "They say things like, 'Mommy, your stomach is sticking out. It looks terrible.' Such comments hurt so much that I have no spirit to stay on a diet."

FRIENDS: Even friends can cause the downfall of diet.

One woman recalls the remarks made by an older, and much thinner, employee of hers.

"She would say, 'Oh, you're not fat and you have a beautiful face.' Under the guise of sympathy, she was really discouraging any weight loss–it was a way of holding power over me, her boss."

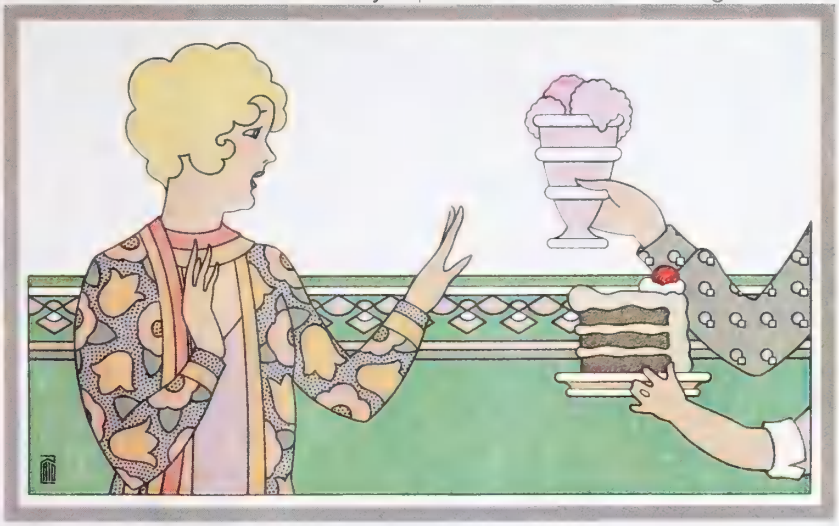
Understanding personal dynamics regarding weight loss and making those dynamics work for you are crucial to successful dieting, says Dr. Richard B. Stuart, psychological director of Weight Watchers International, Inc., and author of *Act Thin, Stay Thin.*

"Whether or not those you love made you fat, they can be extremely influential in helping you lose weight," he says. And, of course, when they're not on your side, they can make the difficult job of losing weight even more difficult.

HUSBAND: One woman, for example, went to a restaurant with her husband and friends, and was careful about counting calories all during the meal. Then her husband, who rarely has dessert, ordered a piece of cheesecake, her very favorite treat, and asked if she wanted half.

"I managed to resist," she says. "But I did wonder about his motives."

Husbands who behave this way–and it is usually a husband who most affects a woman's diet, simply because he has the closest relationship with her–are not all rotten to the core, says Dr. Stuart. In fact, he says, there are as many loving reasons as darker motives in this kind of behavior. (He also points out that women often have mixed feelings about their husbands' weight loss efforts and may behave in similar ways.)



One of the more common reasons a husband undermines his wife's diet is that he is used to an overweight wife–often she was overweight when they married–

(continued on page 150)

DUSTIN HOFFMAN: MAN IN CONFLICT

With probing candor, this anti-hero talks about himself as star, husband, father, lover and growing human being. By Diane de Dubovay



This is a tender time in Dustin Hoffman's life. Separated for over a year from ballet dancer/neophyte actress, Anne Byrne, he no longer wears his wedding ring. Wincing noticeably when asked, he describes the relationship as "unresolved." But, characteristically, Hoffman continues to search for new answers.

At 42, with three Academy Award nominations and starring roles in 14 films behind him, Dustin looks and talks like a hip young college professor or postgraduate. Yet, along with his New York-trained film contemporaries, Robert DeNiro and Al Pacino, he is one of only a handful of superstar character actors who can not only pick and choose his roles, but can effectively fight for artistic control over every aspect of the movies in which he appears.

Suntanned and fantastically fit, Hoffman exudes energy and good health—the kind of man most women would find sexy and attractive. Yet beneath his teasing banter and buoyant good humor, one senses a hidden undercurrent of pain.

Having launched Anne's acting career with a homemade film called *Dancer*, even now, he speaks of his estranged wife with pride. "All this talk about us splitting up because Anne felt overshadowed by my career is nonsense," he insists. "When we met she was a dancer with the New York City Ballet and not many people ever achieve that.

> "All the time I was growing up, I wanted a girl friend so bad but I never had one. I was so tremendously anxious and vulnerable. I was so lonely."

"My marriage and the reasons why it stopped working are of a very private nature. There are real reasons for it. Anne and I are aware of them and we continue to learn more about them. But they're really very different from what is reported in the newspapers. Right now, you're coming in at a very sensitive time, a time when things are unresolved. I don't want to discuss my marriage in print. It doesn't benefit the state our relationship is in. It will only irritate it."

Like the leading character he plays in his latest film, *Kramer vs. Kramer*, a man whose wife leaves him and their small son "to find herself," Dustin's life is in transition. After nine years of marital domesticity, this past year he has had to grapple with mid-life bachelorhood and the pressures and frustrations of playing part-time father to his two daughters, Karina, 13, adopted from Anne's brief first marriage, and Jennifer, nine. (Anne and the children live in the swank Manhattan town house she and Dustin shared during their *(continued on page 168)*

Winter Salads!







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HOT 'N HEARTY POTATO SALAD

(The difference is HELLMANN'S tasty sauce)

- 1 cup chopped onions
- 1 Tbsp margarine
- 1/2 cup HELLMANN'S Real Mayonnaise
- 1/3 cup cider vinegar
- 1 Tbsp sugar
- 1 3/4 tsp salt
- 1/4 tsp pepper
- 4 medium potatoes, cooked, peeled, sliced (about 4 cups)
- 1 Tbsp chopped parsley
- 1 Tbsp cooked, crumbled bacon

In large skillet over medium heat, cook onions in margarine 2 to 3 minutes. Stir in next 5 ingredients. Add potatoes; continue cooking, stirring constantly, about 2 minutes or until heated through (do not boil). Garnish with parsley and bacon. Makes 6 servings.

SUPERB AMBROSIA SALAD

(HELLMANN'S and yogurt make it better)

- 1/2 cup HELLMANN'S Real Mayonnaise
- 1 container (8 oz) plain or vanilla yogurt
- 1 can (30 oz) fruit cocktail, well drained
- 1 can (20 oz) pineapple chunks, well drained
- 1 can (4 oz) shredded coconut
- 1/2 cup raisins

In large bowl fold Real Mayonnaise into yogurt. Fold in remaining ingredients. Cover; chill at least 2 hours. Makes 6 servings

MEXICAN SALAD BOWL

(The zesty taste is in the dressing)

- 1/2 cup HELLMANN'S Real Mayonnaise
- 1/4 cup minced green onions
- 2 Tbsp chili sauce
- 2 tsp cider vinegar
- 1 tsp onion salt
- 1/2 tsp chili powder
- 4 drops hot pepper sauce
- 1 can (12 oz) whole kernel corn
- 1 can (8 oz) red kidney beans
- 1 can (7 oz) pitted ripe olives
- 2 cups shredded lettuce

Mix first 7 ingredients. Cover; chill. Drain and combine corn, beans and olives; spoon into lettuce-lined bowl. Serve with dressing. Makes 6 servings.

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After Romance Fades, What Makes a Marriage Last?

When the fiery passion that brought you together cools down, what *keeps* you together? Here's what a husband and wife can find in each other and in their marriage—if only they knew how to look. By Colette Dowling

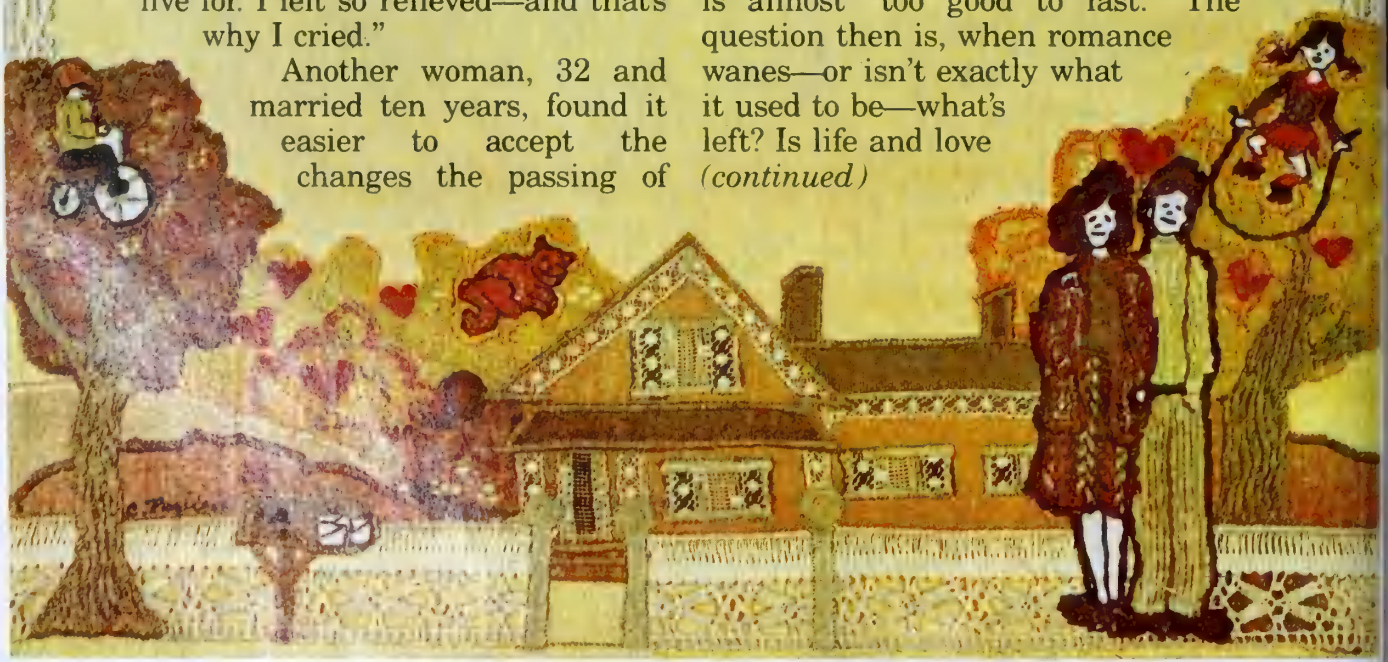
One of my closest friends recently celebrated her fifth wedding anniversary. Her husband had arranged a surprise party and it was a successful, festive evening. But when I saw her the next day, she told me how she cried and cried after all her guests had gone.

"My husband assumed they were tears of happiness and, in a way, they were," she said. "You see, I finally was able to accept the fact that my marriage had changed—*and it was okay*. Things may not be as romantic as they once were, but they sure are saner. My life is simpler now, more secure. I no longer have the feeling that if Robert were ever to leave me, there'd be nothing to live for. I felt so relieved—and that's why I cried."

Another woman, 32 and married ten years, found it easier to accept the changes the passing of time brought to her relationship with her husband. "In the beginning, my feelings for him were intense, but there was something flimsy about our relationship," she says. "Because along with all that romance and passion there was always an underlying danger, the fear that I could get up one morning and find that my world had collapsed. I wasn't sure of him, and I wasn't sure of myself as a person."

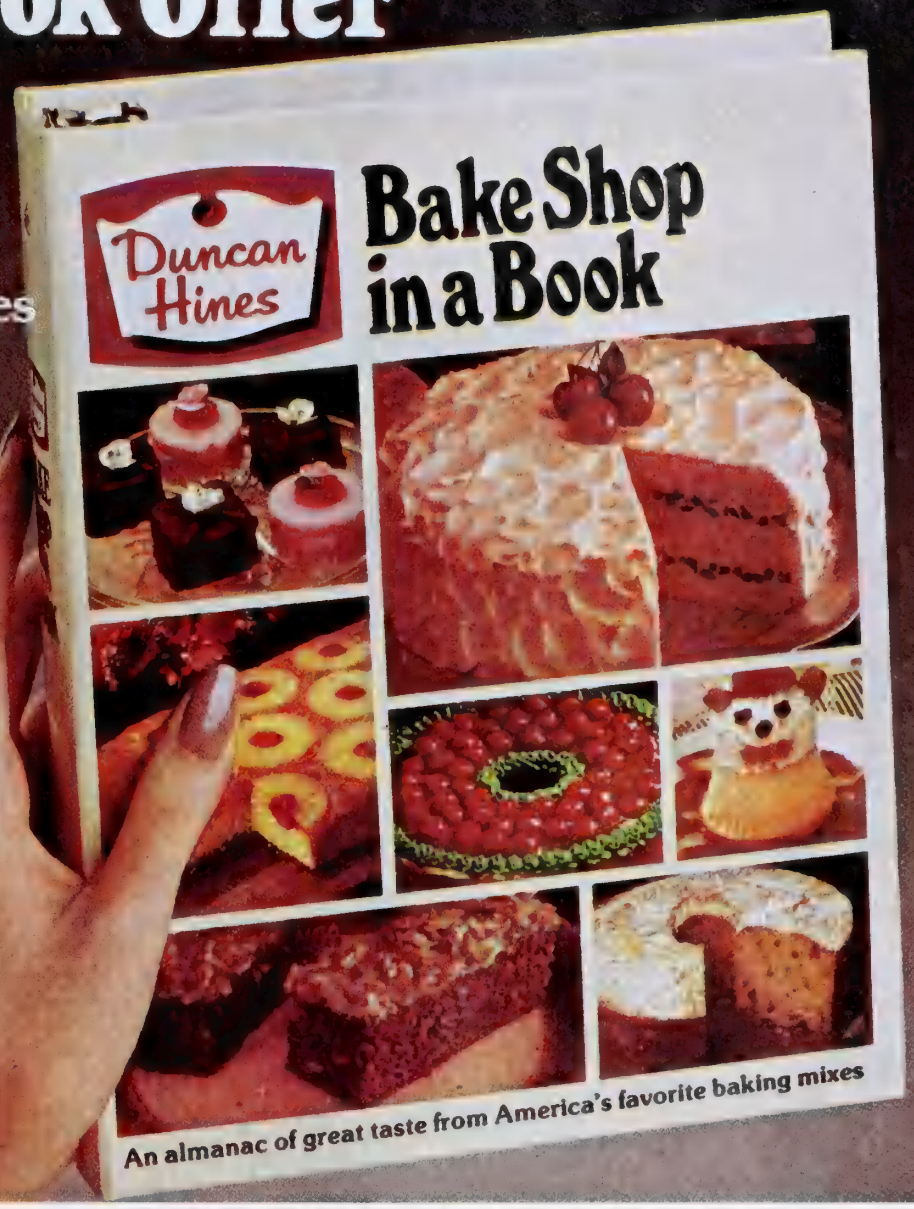
For most of us, romance seems to carry with it the feeling that things could go up in smoke any second. It's as if we know, even in the heights of our most passionate moments, that there is something temporal, something fleeting about romance, that it is almost "too good to last." The question then is, when romance wanes—or isn't exactly what it used to be—what's left? Is life and love

(continued)

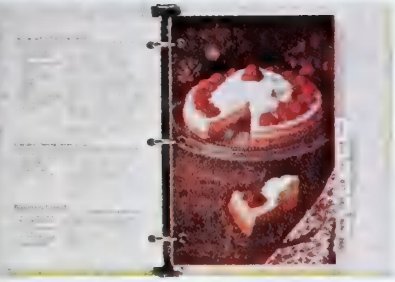


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After Romance Fades

continued

better, or worse, on the other side of romance?

We decided to ask married women how their relationships with their husbands changed once they had gotten past the romantic feelings that initially brought them together. What they revealed was certainly reassuring; and in many ways, inspiring.

The comfort of commitment

American women seem to be growing up; a new realism has been creeping into our hearts and minds when it comes to the subjects of love and marriage. Most of us no longer cling to our romantic, childhood fantasies of someday meeting the perfect stranger who will make us and our life complete, and without whom we could never be happy. Yet, although expectations of marriage have changed, we are not about to tear down that particular institution. Instead, we are discovering new joys in marriage by looking for them in places we had once overlooked.

"I remember one Sunday afternoon not long ago," says Carol, who has been married for eight years. "Joe and I hadn't done anything special that weekend—in a way, it even had been kind of boring. But as I thought about the evening ahead, an evening we'd probably spend curled up on the couch reading the Sunday papers, I felt unbelievably happy."

Carol, and many other women, have come to relish the deep pleasure of stabilized companionship, the strengthening, life-enhancing security that comes from being in a loving, committed relationship. They are asking less of marriage, and getting more.

Ellen, whose business career is flourishing and who, with her husband, is renovating a house they bought last year, says: "Very late one night Mark and I were putting the final coat of paint on our bedroom walls. I looked over at him, tired and grimy, engrossed in his work, and said to myself, 'This is the man I have shared the last seven years of my life with. We've been through a lot together, good and bad. And now we're creating something that the two of us will share.' I got such a warm, good feeling—I knew I'd uncovered something important."

What that night of working with her husband represented to Ellen was a feeling of continuity. This feeling seems to have taken on more importance for women as we branch out and do more with our lives. Ellen has a home she loves, a job she enjoys and a husband she cherishes. Her marriage is especially dear to her because with it comes the freedom to be herself, a feeling shared by many women.

"When I was single, I felt that I had to be on all the time," says Debra, who lives in a small farming community in upstate New York. She is 35, with three children from her first marriage and another from her second. "Now I know that if one day I'm really down, or if I have a cold and look terrible, it's fine. Bob loves *me*—and not just me at my best. The most reassuring thing about marriage is that it's all right to just go ahead and *be*."

"Maybe you have to live alone for a while before you can understand how vital it is to feel emotionally secure," says Jan, a woman who was divorced when she was 27 and lived on her own for several years before remarrying.

She explains, "The dating, the parties, the high you get from proving to yourself and everyone else that you can 'make it'—all of that pales when compared to the joy of sharing your life with someone you love on a really basic level."

Elizabeth, a petite, lively real estate broker from Little Rock, Arkansas, has also come to savor the simple pleasures marriage offers—but it was a long and difficult process for her. "I grew up thinking that a man was responsible for creating a woman's happiness, and I took that attitude with me into my marriage. I was demanding and childish and I thought I could get away with it. But Jim wouldn't let me, and I almost lost him.

"I wanted him to buy me flowers, call



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2¾ cups milk
2 packages (4-serving size) JELL-O® Brand Lemon Flavor Instant Pudding*
1 prepared pie crust

*or use any other flavor

a. Prepare whipped topping mix as directed on package (using 1 cup milk) in large mixing bowl. Add remaining 1¾ cups milk and pudding mix.

b. Whip, then beat at high speed for 2 minutes, scraping bowl occasionally.

c. Spoon into pie shell. Chill at least 4 hours.



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e at the office once a day, constantly assure me, pay attention to me—*me*, *me*. Then one day he said he was ed of my complaints and demands," /s Elizabeth.

The possibility of losing her husband ade her look at her marriage more real- ically: "The truth is, I had been feeling eated—as if my husband, and mar- ge, owed me something and had let e down. But I was able to change," she /s with a smile. "I realized that those mantic dreams are what really cheated e. I learned to appreciate the little, dinary things. I may never get the arts and flowers, but when I get home d find that Jim's made a pot of soup for pper, that matters even more."

The trouble with bringing rosy-hued, mantic illusions into a marriage is that ality, when it finally, inevitably, pres- ts itself, can be a bummer. Life with other person has its ups and downs, it's metimes predictable and at other times rbulent, and it's never simple. Unless a man comes to terms with that she uld spend the rest of her life bitter and sappointed. The fact is, no man and no arriage truly lives up to our original opic visions. So we ask, "Is that all ere is? What happened to us?"

"I prepared myself to be a teacher and lly expected to have a career from the ne I was pretty young," says Marilyn, a -year-old Chicago woman. "But looking back I can see that in my deepest self I believed that it was marriage that was going to make my life. Even when I began teaching and loving it, I still felt that there was something missing. Marriage was that missing ingredient.

"After Tim and I married I felt as content as a cat for maybe two years. Then one morning I woke up and decided I wasn't happy. There was no excitement. I found myself looking at other couples and imagining that their marriages were better than ours."

What would it take, Marilyn began wondering obsessively, to bring the romance back into her life? A separation? An exotic trip somewhere? "It never occured to me that maybe everyone's marriage is ordinary, and that like so many other things in life, people just weren't talking about it," she says. "Well, I started talking about it to my friends, my husband, even my mother. And I found out what I should have known all along—there is no one ingredient in life that makes you happy. You've got to have a little of everything."

A South Carolina social worker says, "For me, the nicest part of marriage is the feeling that there's a corner in the world where I'm safe. I know my husband will never betray me, in the sense that he would never be less than honest with me. The situation may not always be to my liking, but I know how he's going to treat me. It makes for a kind of emotional safety that allows you to go out and do other things. I work, I have my female friends, I take courses at the university at night . . . and I have Tom."

The pleasure of stability

Women seem to agree that the emotional security of marriage provides a perfect medium for learning things about yourself that you might never have the chance to figure out in a less relaxed environment. "Maybe we are most free to experiment and grow when we are most secure," says a woman who pursues her career as an artist from her home.

"My life is a kind of crazy juggling act," she continues. "There are three children, a big house and my work to tend to. Sometimes, to meet a deadline, I'll shut the door to my workroom and not talk to a soul for hours. When I finally emerge it's as if I've been away on a trip; it's so good to come back and find everyone at home and everything in its place."

It's the relationship with her husband, though, that gives her the peace of mind she needs. "The best part of the day is going upstairs to our third-floor attic bedroom. It's just for the two of us—the children never come up. It's 'our place,' where we go to talk, read, listen to music and make love. Going up those stairs at night, getting into and then looking at our quiet room, which is dark except for *(continued)*

Any make-up can help hide a wrinkle. Moisture Whip can help prevent one.



A lot of the wrinkles you get are wrinkles you shouldn't get so soon.

All too often, a wrinkle shows up just because your face wasn't protected.

So while Moisture Whip® Liquid and Cream Make-up is whipped up with good natural looking color (to help you be beautiful), it's also whipped up with moisturizers and a protective sunscreen.

To help protect your face. From dryness. From too much sun. From the wind. From the cold.

As you use it every day, Moisture Whip, with sunscreen, will moisturize and help protect you all the time it's on your face.

To help prevent wrinkles from showing up too soon.

After all, any wrinkle that hasn't shown up is one less wrinkle you have to hide.

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MOISTURE WHIP® Maybelline

one lamp by our bed, makes me feel peaceful and centered. Sometimes I can't believe how fortunate I am."

For some, the security of marriage provides a base for living separately part of the time. Ron and Evelyn spend three or four days a week apart—he in New York City, where his work is, and she a hundred miles north in a small village she believes is the best place to raise their two sons. Although they cherish their long weekends together, neither is miserable or unhappy alone.

What makes this possible? "I think it's trust," says Evelyn. And that sort of trust may only develop after the early, romantic days—during which we are necessarily blind to some degree—are over. It could be that we sense, when we first fall in love, that we've found a person we'll be able to trust—someday. But trust isn't real until it's tested. In fact trust, untested, is what those first days of romance are about: heady, giddy, fraught with danger. That fear may intensify loving and living, but as the women I talked with discovered, four, five, six years into their marriages, there's a rich new dimension to be added to their relationships.

Struggle with discrepancies

Of course, not all the wives I spoke with were having such positive experiences. Some are struggling mightily with the discrepancy between what they have and what they think they *should* have. One of these women can't seem to stop comparing her marriage with her mother's. "My mother expected a certain ordinariness in her life," says Sarah, a mother of three. "If her days were relatively harmonious, well, as far as she was concerned, that was a good marriage. Not for me! Maybe it's because I have more education and have been out on my own before I was married, but I miss the stimulation and excitement. It doesn't seem fair that the action should be over just because you get married."

Maybe the "action" shouldn't end with marriage but some women, I think, are allowing themselves to be pressured into feeling unnecessarily negative about their love lives. Don't accept what you have, we are told, and work toward getting something better. Marriage in the doldrums, husband dull? Dump him and try again. If things don't measure up, change your life. In such a climate we can easily abandon what's valuable to us alone.

Because women are reared to be romantic, we rue the day that special passion begins to dissipate and harbor the idea that nothing will ever replace it. But the truth is, there's something better on the other side of romance. It's the honesty and compassion of day-in, day-out love. **End**

Rich Lights 100's from Viceroy



The rich low 'tar.'

Kings and 100's.

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9 mg "tar", 0.8 mg. nicotine av. per cigarette by FTC method

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Important news for parents whose children need long-lasting cavity protection.

Crest keeps on working long after your child stops brushing.



Crest Fluoristan® protects your kids' teeth during those times when kids will be kids. The times they don't practice good dental do's and don'ts. The times you want to be with them. (The times they need Crest the most.)

Fluoristan. Protection that's there, even when you're not.

The Fluoristan in Crest actually combines with tooth enamel so it stays in the tooth. That's how Fluoristan gets to be part of a tooth and can protect it against cavities all day.

So when a kid brushes with Crest in the morning, it's still working for him after lunch. After snacks. And even after he forgets to brush later in the day.

Protection that doesn't rinse out.

Because Fluoristan stays active in the tooth, it gives protection that doesn't rinse out. And so with regular brushing, Crest builds long-lasting protection. Protection that keeps on working long after your kids stop brushing.

Kids will be kids.

There are lots of good reasons why kids get bad checkups. Mostly it's because kids will be kids. Which means somebody didn't brush when they should. Or as well as they should. Or they did too much snacking of sweets. (Ever notice, the smaller kids are, the bigger their sweet tooth.)

Your family would watch sweets more carefully and brush more often if you could be with them every minute of the day. But that's not really possible.

That's why your family should brush regularly with Crest for around-the-clock cavity protection.

Proof, not promises.

Even in tests where brushing wasn't supervised, Crest proved diligent at fighting cavities. In these tests kids brushed the way kids do in real life - and you know what that means - and Crest still reduced cavities.

The fact is, since it was first used, Crest Fluoristan has prevented over 400 million cavities. That's a lot of good check-ups.

Now you know Crest can help you protect your family's teeth. Even when they don't.



We're working to make cavities a thing of the past.

Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care. Council on Dental Therapeutics, American Dental Association

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AN OPTION FOR ALL WOMEN IN THE 1980s

Making Yourself Over

A new you" is a cliché of our age. Yet under the banality is the reality: **In each of us throbs the desire to be our best.** But what can kindle hope beneath passive acceptance? What can make women dare to dream and do? Many things. Resolve. Commitment. Faith in self. On the following pages, you can share in the adventure of some typical women who chose to change, with the guidance of the *Journal*. In January 1979, we invited readers to take part in a team weight-loss effort. Out of the thousands of responses, we selected two groups (seven working women out West and six Easterners with shared interests in home, children). For several months, they–and hundreds of others–went on the *Journal's* Togetherness Diet. Result: not just slimmer bodies, but a reevaluation of their looks, their approach to life. Almost universally, these women now have more optimism, more direction, more energy. Read their stories and find one close to your own. MAKING YOURSELF OVER. Is this an option for *you* in this new decade? If so, there is no time like this month to start.

THE EDITORS

Above: Togetherness Dieters, West, *"before."* Below: *"after,"* four months later.

Linda Shattwell	***Kathy Stuart***	***Karen Sue O'Shields***	***Claritza Parker***	***Nelda Shoffner***	***Myrtle Ruthenberg***	***Gloria Justice***
Before: 148 lbs.	*Before: 150 lbs.*	*Before: 125 lbs.*	*Before: 128 lbs.*	*Before: 248 lbs.*	*Before: 148 lbs.*	*Before: 260 lbs.*
After: 120	*After: 133*	*After: 111*	*After: 113*	*After: 202*	*After: 128*	*After: 218*

Making Yourself Over

From a common struggle, a great success. The Western Seven are co-workers at the San Bernadino City Unified School District, Calif. They lost a total of 182 pounds! Here are their stories–plus expert beauty advice.

Myrtle Ruthenberg, 56, lost 20 pounds; even better, looks prettier, younger.

he woman who penned the "Help!" letter, Myrtle sees rself–and the world–with a warm sense of humor. e first realized that she had a weight problem when couldn't face a full-length mirror." Myrtle had occa-nal hunger pangs at the start, nd vanilla ice milk a real treat, pecially relished the ego boost of ving people say, "Keep it up, u're looking great." Most startling ange: cutting her salt-and-pep-r hair shorter with bangs, then vering the aging grayness with a ampoo-in light brown hair color-g. Just look at the difference.



Karen Sue O'Shields, 34, suddenly glamorous; new wavy perm shows off sparkly green eyes.

Karen Sue made the corny tale of hidden beauty-to-butterfly come gloriously true. By losing 14 pounds, she's emerged with a total new look. Karen Sue's downfall was skipping breakfast and lunch, being "ravenous" at dinners. Now she eats three well-balanced meals, likes "pickle juice on salads." Playing tennis 3-5 times a week was great for her figure, but tough on her hair. Hair styling whiz Charles Booth trimmed the old color away and she was given a soft no-maintenance permanent. Karen's almond eyes were played up with smoky green shadow.

By Maureen Lynch, Health and Beauty Editor

Text by Lys Margold. All hair cutting, coloring and styling by La Coupe Salon, New York. All makeup by Sharon Slattery; fashion styling by Shelley Promisel.

California photographs by John Lawlor

Making Yourself Over

The Working Women's Diet Tips:* ■ *Slim-Down Snacks. Instead of p ing around a bag of chips or a box of donuts, bring raw vegetables munch on.* ■ *Stake out nearby restaurants that serve hearty sal cheeses, cold cuts without bread, fresh fruits.* ■ *Watchdog each oth portions and speak up in a firm, but friendly way. Even if you slip a cheat, share the guilt.* ■ *Surround yourself with support. Even th "Boss" served cold beef and low-calorie vegetables at the office party.



Kathy Stuart, 33, waged war on her waistline.

"Although I've lost weight on other diets, I always slip right back to bad eating habits. And the first place I gain is my waist," explained Kathy, her dimples deepening. Now, instead of lunching on a burger and ice cream cone, Kathy thinks 3 oz. of salmon and a wedge of melon are jim-dandy. For "blondish" hair, Kathy and her sister took turns "doing" each other's from a kit. The frosting became too light, too solid. "We're amateurs." Color expert Louis Licari did "reverse-streaking," putting in darker strands. The roots were touched up to maintain an overall blond look. Shading brought out her good bone structure; her eyes were accented with a teal blue liner.



Claritza Parker, 25. Her boyfriend dieted too.

Originally from El Salvador, Claritza chatters comfortably in English as well as Spanish. Between eating Mexican food and celebrating office birthdays, her slight figure filled out from 106 to 128. Her steady boyfriend dieted with her. Result: she lost 15 lbs., he shed 30! Claritza confessed to one binge—"I bought a half pound of chocolates, ate them all." Here, her thick straight hair was blunt cut, then red henna was rinsed in for shine. Clear blue-red makeup brightened her skin tone.



Gloria Justice, 26, went down two sizes—so far.

Noble and tall (5'9"), Gloria's never seen herself thin. "I was a fat baby and kept growing," she quipped. Two years ago, tip-topping at 300, she began mountain climbing and lost. Next plateau was 260. Gloria's now at 218 and going steadily down—with her eye on 150. "I'll always keep one large dress as a grim reminder." Gloria loves to cook, is liberal with spices. Biggest diet aid: writing down every morsel she eats. Her hair was blunt cut to bring out a natural curl; strands of highlighting were worked in around her face for softness. Her eyebrows needed growing in, were filled in with pencil (for the meanwhile) to give her face better balance.





Linda Shattwell, 45, found new energy.

Linda succeeded in reaching her goal weight of 120. "And I'm not quitting until I'm 115—to give myself a five pound leeway." Once too skinny, she started getting heavy after her fortieth birthday. This diet's done wonders for Linda: eating less fats has cleared up a skin problem, provided her with more energy. The feeling of "togetherness" helped. "We shared and prompted and cried on each other's shoulders." Linda's hair, slightly dated and brassy, was toned down to a warm gold: then layer-cut in an easy-care style. Makeup artist Sharon Slattery applied beige foundation to smooth out her ruddy complexion, tawny eye colors to play up her new honey-shaded hair.



Nelda Shoffner, 47, tried several fad diets.

"You name it, I went on it," said Nelda about her other attempts to lose. Pills. Shots. Hypnosis. Spas. After several false starts, Nelda seems determined now, walks two miles a day, swims 30 laps. Her coppery hair color had faded, needed enriching. Subtle highlights were added; brows lightened. Nut-brown cheek blusher gave definition.



Above: Togetherness Dieters, East, "*before*." Below: "*after*," three months later.

Judith Henderson	***Karen Birnbaum***	***Alice Sack***	***Janet English***	***Helen Dana***	***Janet Weissman***
Before: 176 lbs.	*Before: 140 lbs.*	*Before: 118 lbs.*	*Before: 146 lbs.*	*Before: 151 lbs.*	*Before: 155 lbs.*
After: 147	*After: 121*	*After: 108*	*After: 127*	*After: 128*	*After: 135*

Making Yourself Over

The Eastern Six, a group of homemakers from Middletown, N.Y., created a support system of check-up phone calls and bi-weekly meetings–together they dropped 120 pounds. Here, showing off new hairstyles and makeup, their healthy, happy results.



Helen Dana, 57, thrived on the competitive spirit.

"Last year, I asked my doctor for help in dieting. He showed me a mirror and said, 'This is the way you'll look from now on. If you can't accept it, go see a psychiatrist.'" Instead, Helen decided to act on a clipping about the *Journal's* Togetherness Diet shown to her by a daughter-in-law, Janet (right). End of story: Helen wrote the letter, lost 23 pounds and looks terrific. Her hair, previously frosted, was given more natural coloring by reverse streaking. The cut is shorter but fuller to balance out her angular face. Teal eyeliner and gold eyeshadow (at the center of her lid-brought out Helen's deep-set, blue eyes.



Janet English, 32, quickly found how easy it was to make one regular dinner for her family, a lighter one for herself.

"The best thing about this diet," remarked Janet, "is that it fits any lifestyle. Even at parties, we can have a glass of wine and nibble on cheese." Janet weighed herself every day to keep a constant check. A self-confessed "cola-holic" (large bottle at breakfast), she's kicked the habit. Her hair was blunt-cut for body, twisted away from the face: golden highlights were added for a warm glow. Violet pencil accentuated her twinkly green eyes.





Maki Yours Over





Judith Henderson, 35, couldn't believe when she went from "billowy" to "willowy."

"My little son looked at my new shape and said, 'Nobody can say I have a fat Mommy anymore.'" Judy lost close to 30 pounds, found her cheekbones again after they were hidden for years. She does 15 minutes of ballet exercise with her daughter every evening, plays as much golf as possible, teaches math part-time. "Even my students keep remarking: 'You look great!'" Judy likes the fact that this diet, unlike others, keeps her looking healthy, not haggard. Louis gave her a soft wavy perm to frame her face; Charles Booth shaped her hair around the temples, cut into a natural wave on the crown. It's a snap to care for—just dry, finger-comb. Peach shading highlighted her cheekbones. Ready to be photographed, Judy welled into tears: "I can't believe I look this fabulous."



Karen Birnbaum, 30, lo weight, started joggi

Karen's beautifully bon face was her saving gr for even at 140 pounds, didn't look "fat"—at least fr the waist up. During her teenth summer, Karen w from 118 to 132. Then, sawed up and down—and again. "Last time I tried jeans, they were size 15 Now I'm a size 8." Karen help whittle away inches by joggi 25 miles per week. For sophisticated change, her h was twisted up in slick kn plum-red highlights we streaked in to soften. M plum coloring brought her cheekbones.



Togetherness is important. It's easier to see weight loss on others and give encouragement. This group's policy of mutual support was to meet every two weeks for reinforcement. They exchanged recipes, shared proud moments (and guilty ones), served club soda and carrot sticks, etc.–and made sure to say "How great you look" to one another.



Janet Weissman, 34, once motivated, found diet fun.

I just found my hip bones gain," said Janet, over halfway own to her goal weight. Janet as having a tough time, los- ng slowly (pound a week), nen cut out beef, made por- ons smaller. Suddenly–2 ounds a week. When her mily has pork, she sups on eamed mussels. Dining out, net orders broiled fish. We iscovered a natural wave in net's baby-fine hair, put in olden highlights, then cut it to a tousled bob. Her brows ere slightly darkened to ame her eyes. Glints of onze shad- v now play f her flick- ing eyes.



Alice Sack, 32, reached her goal weight, got pregnant.

Pretty and petite, Alice lost ten pounds in a month, then found out she was going to have a baby–and heard her obstetrician say, "You'll have to gain some weight." She plans to go back to the diet the minute she has her child. Late afternoons were the hardest hours for Alice, a sweets-eater (especially chocolates). At the start, reassuring phone calls from her group bolstered her strength. Even her 8-year-old daughter helped out by probing: "Mommy, is that fattening?" We feather-cut her thick hair, leaving the crown full, the sides tapered. Strands of baby blond wisps softened her look. Alice's brows were reshaped, made more natural.



KEEP IT OFF

After you lose weight, how do you keep it off and still go back to eating some of those things you crave? Here is a program of maintenance tips from the author of our original "Togetherness Diet," Dr. Morton B. Glenn.

The ultimate challenge of weight reduction is not losing weight. The real problem, as most dieters know, is how to keep the excess weight off permanently.

If you return to a pre-diet eating pattern, you will probably regain your original weight. On the other hand, you can't diet indefinitely or you'll lose too much weight. The solution is a maintenance program that enhances the basic diet with additional foods but doesn't go overboard on calories.

On maintenance you should be able to eat *anything* that you wish. Eating anything, however, is not eating *everything*. There is an important distinction between the *(continued on page 137)*

Did you miss the "Togetherness Diet" in our September issue? If you want the complete diet on which these 13 women lost weight you can receive a copy of it very simply. Send 25 cents to cover handling, plus a stamped, self-addressed envelope to Togetherness Diet, Ladies' Home Journal, 641 Lexington Avenue, New York, N.Y. 10022.



A CROOKED LITTLE HOUSE



Memories...like houses...are hard to leave behind. Until one realizes that the future is an open door. A short story for sentimentalists, by Nancy Hunter.

I am sitting on the only remaining box, like a gangly mother bird perched defiantly on the last egg. The label on the box says, "School papers and souvenirs, Alan and Gail." I have separated it from the others, already on the moving van, because there is no place for it in the new house. Everything else that we have kept is marked for its destination: "Books, living room," "dishes, kitchen," "contents of medicine cabinet, bathroom." But the new house is smaller, by far, than the one we are leaving. There is no attic, and there are no extra closets or bookcases tucked away in otherwise useless corners, legacies from some thoughtful carpenter who knew about mothers and families and belongings. There is no place for a box full of memories that no one except me will care about for at least 20 years.

The movers are efficient. They have been here since just after I finished my breakfast coffee, and it is not yet three o'clock. All that remains in the house where I lived for 12 years with Alan and Gail and Stuart and Mr. Peepers, the family dog, are the large pieces of furniture. The pictures are down from the walls, the knickknacks removed, the drawers empty. All of the signs of the family who made a home here have been packed and removed, our soulprints erased like the fingerprints of a meticulous burglar.

Alan and Gail are in school. They had no interest in watching the gradual dismantling of their home. When they get home from school we will drive to the new house and meet the movers there. Stuart is in California with his new wife and Mr. Peepers is at my feet. He has stuck very close beside me all day, looking up often for reassurance that he will not be crated like the china into some sturdy box, taped shut and labeled for an unfamiliar destination.

We all agreed that the move was a good idea. Stuart was anxious to sell the house as part of the divorce settlement and the children urged me to agree. They are not old enough to have developed the kinds of sentimental circuits that plug me into outlets that light up the past: The table we carried from Guadalajara in the back seat of the car the year Gail was six, or the lamp that Stuart brought on the airplane seat beside him when he returned from his first business trip to California. Or Grandmother Anderson's hurricane *(continued on page 130)*

Illustration by Oni

Blouses that bloom in the Spring



Winging in for spring, glorious blouses to pep up your suit wardrobe. Most to buy, some to sew—all are blooming-fresh and beautiful. By Trudy Owett, Fashi and Home Sewing Editor.

A bright snap of short sleeves









A bouquet of spring brights—ready to slip into on the first warm day. What fun! Top: geranium-red silk crepe de chine with one cascading ruffle. By Liz Claiborne. Middle row, left: A flush of fuschia, shoulder smocking. By Christian Dior Blouses, in polyester. Center: Golden dots with puffy sleeves, band collar. By Geoffrey Beene for Chesa. Right: Cool-as-a-cucumber silk shirt with lemon-y collar, sleeves. By Fenn-Wight and Manson. Bottom row, left: Tulip red with little cap sleeves. By Ship 'n Shore, in polyester. Right: Daffodil-yellow blouse, silk shantung V-neck. By C.I.E.



Breezy blouses stay fresh on the job



Must-haves for working days (or anytime)—attractive, no-fuss looks that will work for you. Top row, left: Trim and tailored peach silk with notch collar. By Irka. Right: You're the boss in smart pinstripes. Double-breasted polyester with short sleeves. By Liz Claiborne. Middle row, left: Update on a classic—the stock-tie shirt goes asymmetric. Gray poly-crepe. By Sidonie.s. Right: Playing it softly, a sky-blue blouse with doubly-rippled bib front. By Malbe, in poly/georgette. Bottom row, left: Very sharp. You'll get your point across in mauve silk with top-stitching details. By The Silk Farm. Center: Secure in satin stripes—a tidy tulip-sleeved blouse with its own bow tie. By Chesa-Givenchy, in polyester/georgette. Right: Talk of the office—the sheer luxury of pleated apricot silk chiffon with full sleeves. By Charlotte Ford.





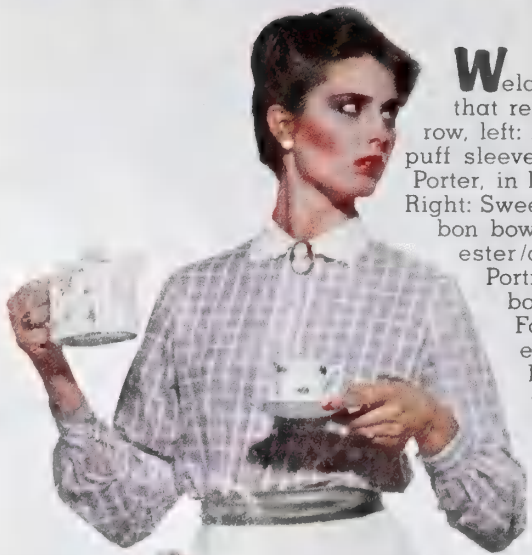
Photographs by Garry Gross
Makeup by Martin Downey
Hair by Pamela Geiger

Accessory and more fashion information on page 164.

Sweet little blouses capture yesteryear's charm









Welcome spring in prim blouses that recall the best of the past. Top row, left: Modern Gibson Girl has high puff sleeves, grosgrain tie. By Regina Porter, in herringbone cotton polyester. Right: Sweetheart pink and white, ribbon bow. By Alice Stuart, in polyester/cotton. Middle row, left: Portrait pretty, sheer silk ribbon georgette. By The Silk Farm. Center: Oriental elegance, hand-embroidered silk. By Chinoise. Right: Nostalgic peach, spiffed with lace. By Regina Porter, in polyester. Bottom row, left: Proper plaid shirt, frothed with eyelet. By Liz Claiborne, of cotton polyester. Right: Tuxedo shirting, eyelet and embroidery. By Adelaar Bros., of polyester/cotton.



Knockouts that go out—to restaurants, the theater, everywhere. To sew now in spring's most flattering cosmetic colors. Top row, left: Lilac and lace, showered with dots. McCall's 6823. Center: Very Victorian, with its high lace-trimmed collar and V-front. McCall's #6871. Right: In frosty peach, soft blouse with double ripple of ruffles. Butterick #6957. All fabrics, Skinner polyester. Middle row, left: Simple but sexy, saffron-color wrapped blouse with shoulder padding. Very Easy, Vogue #7547, of Seta Soie polyester faille. Right: Top performer, side-ruffled blouse with skinny tie. Vogue #7529, of Skinner satin polyester. Bottom row, left: Powder blue, front-tucked in sheer georgette. Simplicity #9256. Right: Innocent blush, pleated-front blouse of tissue faille with puff sleeves. Simplicity #9266. Both, Seta Soie polyester.



Romantic blouses to sew



More accessory, fashion and pattern information on page 164.

How easy it is!

Time to redecorate?



Ready to redecorate? Take a good look at the furniture you already have. With a little imagination, you can change the style as you change your scheme. To show you how (details, page 167), here are 3 basic pieces in 3 different moods. By Elizabeth Gaynor, Home Editor.



modern

Go for simple but strong statements. Clean and light. **FAR LEFT:** Country dropleaf table, made contemporary when stripped and "pickled" a pale finish. Keep sides up for a bold round; add one dramatic accessory. **CENTER:** Queen Anne side chair gets redressed for today in fresh stripes (Waverly) and lacquer-look paint. **NEAR LEFT:** Basic sofa in a natural textured fabric. Accent with corner pillows.



traditional

Recapture the best of the past with rich glowing colors, classic shapes. **FAR LEFT:** Easy recall, our dropleaf was darkly stained, centered with a veneer pattern. **CENTER:** Queen Anne chair, handsome with its mellow stain, flame-stitch seat (Schumacher). **NEAR LEFT:** Lean butcherblock-side sofa transformed into a warm traditional. Slipcover in a floral (P. Kaufmann); pad arms with foam.



country

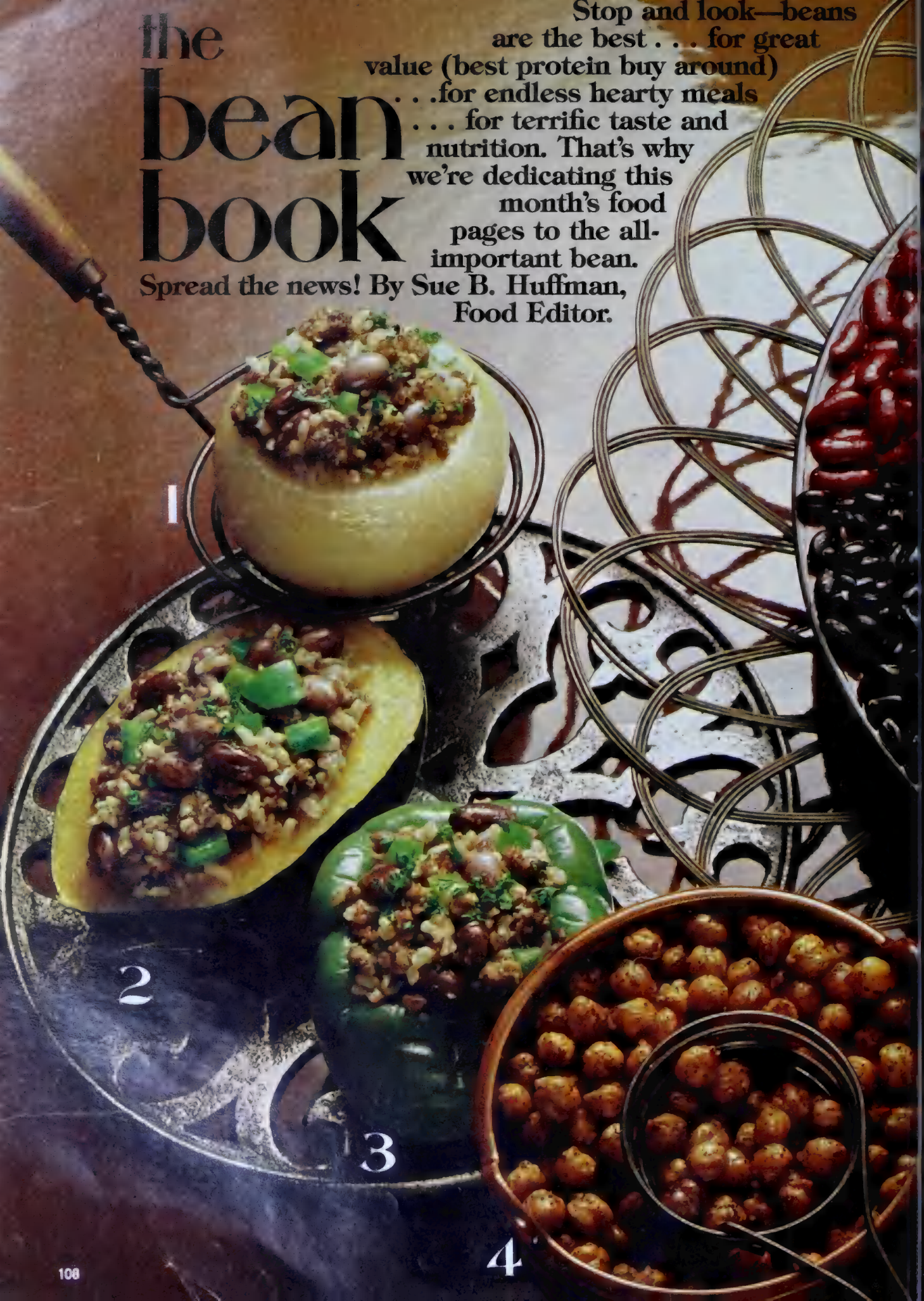
For a rustic flavor, homey colors and prints on comfy shapes. **FAR LEFT:** The dropleaf table adapts readily to native stenciling. **CENTER:** Make the Queen Anne chair less formal with loose seat cushion, tie-on back cover in woven fabric (Schumacher). Strip frame and oil. **NEAR LEFT:** The same sofa (!) goes squooshy with extra padding; mix plaid fabrics (Stroheim & Romann) for a loose, flouncy slipcover.

Photographs by Ralph Bogertman. Designed by Suzy Taylor, A.S.I.D.

the bean book

Stop and look—beans are the best . . . for great value (best protein buy around) . . .for endless hearty meals . . . for terrific taste and nutrition. That's why we're dedicating this month's food pages to the all-important bean.

Spread the news! By Sue B. Huffman, Food Editor.





5

1-2-3. SUPER SAUSAGE STUFFING, in a trio of vegetables. One crunchy mix of cranberry (or pink) beans, brown rice and spicy sausage fills hollowed-out vegetables tastily. Shown in large onion, acorn squash, green pepper. **4. GARBANZO NUTS,** cocktail munchies. Nugget-y garbanzo beans, sautéed in garlic butter, then highly seasoned. Irresistible! **5. SIX-BEAN SALAD,** a glorious pinwheel of lima, red, black (or turtle), red kidney, navy (or pea) and blackeyes. Centered with tuna; a piquant dressing. Great! Show off and toss for a crowd. Recipes start, page 114.

Photographs by Irwin Horowitz


7
8
6



6. BUDGET CASSOULET, faster-than-classic (and cheaper) meal, brimming with chicken, knockwurst, bacon, navy beans. 7. POULET AU JARDIN, roaster stews in a bed of great northern beans. 8. SOUTH-OF-THE-BORDER SOYBEANS, our version of tamale pie (chili, cheese, ground beef), crusted with corn meal. 9. PEAR 'N' PORK BAKE, unexpected flavors of pork chops, pear halves and lima beans. 10. LHJ's FEIJOADA, the famous Brazilian dish translated into American party fare. Mixture of beef, pork, sausages, black beans, etc. Recipes on page 114.

Using Your Bean. Always simmer slowly. Too fast, skins will break. Salt cooking water (about 1 tsp. per cup) unless using salty meats. Add a tablespoon of oil to cut down foam. Remember: 1 lb. dry equals 5-6 cups cooked. Store beans in a cool, dry spot. Leftovers freeze nicely for 6 months.

9

10

Great Northern

Large white, a distinctive flavor and easy mixer. Popular for baked beans dishes.

Red

Bright red color adds a lift to salads and such. Also known as Mexican "chili" beans.

Blackeye

Called "peas" in the South. Tiny ovals also come with a yellow spot. Quick cookers.

Garbanzo

Equally well-known as chickpea; less known as ceci. Firm texture with nutty flavor.

Pink

Pale in color, turns red/brown when cooked. A canner's favorite; similiar to pinto.

Pinto

Dappled appearance, forthright flavor. Good in Tex-Mex recipes. Top market: Southwest.

Lima

Small and large (butter bean) sizes, kidney-shaped. Good as vegetable, in casseroles.

Soybean

About pea-sized, firm. In a variety of colors: yellow, green, brown, black, bi-colored.

Black

Or turtle. Small jet-black ovals with white centers. Big in Latin America; thick soups.

Navy

Or pea. Most abundant (and smallest) white bean. Starring role in canned pork 'n' beans.

Red Kidney

World-wide favorite; all-purpose. Comes light or dark. Chewy skin, soft within.

Cranberry

Purplish speckles, turns pink. On the sweet side; exported to Italy for minestrone.

Marrow

Roundest and largest of all white beans, perfect to toss into soups and stews.

11. HEARTY MINESTRONE, a warming bowl of vegetable soup, afloat with zucchini, cranberry beans. 12. BLACK-EYED PEAS, a traditional symbol of Southern hospitality. Fast cooking beans, bits of meat from a ham bone. 13. PASTA 'N' PEAS beanery-on-greenery, with ham, peas, mushrooms, pink beans. 14. SENATE BEAN SOUP. Adapted from the U.S. Senate's dining room—navy beans, ham hocks. 15. CHICKPEA CURRY, an Indian concoction, spicy. 16. FRIJOLES ENSALADA. Tex-Mex refried bean salad with avocado and sour cream.

the bean book

It's simple: before cooking, beans should be soaked. First, rinse beans, pick over to remove any pebbles. For overnight soaking, use 6 cups of water for each pound of beans. Let stand 6-8 hours in cool place. Our test kitchen prefers this method because: 1) no precise timing is required; 2) texture seems more uniform; 3) beans absorb less water when cooking; 4) cooking time is cut. But, if you're rushed, do the quick-soak method. Add 6 cups of water to 1 pound of beans. Boil 2-3 minutes, cover, set aside 1 hour.




11
12
13
15
16

the bean book

continued

BEAN TALK

Next time you go shopping, take a glance at the bean section. Dried beans of all colors, shapes and sizes line the shelves, whether in boxes or bags. Given their low cost and high protein power, beans should be number one on everybody's food list—and would be, if only more people knew the many ways of handling them. Here are some helpful hints. • First of all, storage. If you store them in a dry place, beans will keep indefinitely. Once they're cooked, drain the cooking liquid into another container; store separately. According to the Michigan Bean Commission, beans can be refrigerated 4-5 days or frozen up to 6 months. • To save or not to save the soaking water? That is the big, new question. Traditionally, the soaking liquid has been the same as the cooking liquid. In fact, that's the method we followed. Yet Beans of the West (an association of growers) suggest tossing out the soaking water, rinsing and cooking with a fresh liquid (whatever your recipe calls for). They feel it improves flavor and digestibility, balancing out any lost nutrients. More research is being done, but the option is yours. In any case, pitch the soaking liquid should your beans soak as long as 16 hours. • Another question, on salt. Some say "yes" to adding 1-1½ teaspoons when soaking. Others say "no." Our recipes were developed without salt. If you salt first, taste before adding more. • If you live in a high-altitude zone, increase cooking times. Ditto for hard-water areas—plus, with the latter, add ⅛-¼ teaspoon of baking soda (no more; destroys vitamins) for each pound of beans. • Pressure cookers speed things up. Place soaked beans in cooker; add water (never more than half full); cover and cook. For example, pinto beans take 25 minutes instead of 2 hours. • Acids slow down cooking. Add tomatoes, wine, vinegar or lemon juice after beans are tender. • Beans soak up flavors faster if you marinate when warm. • For diet watchers, beans have no cholesterol, very little fat; ½ cup of cooked beans contains 118 calories or less.

1–3. SUPER SAUSAGE STUFFING
pictured on page 108

Choose the vegetable—and fill it with this tasty concoction.

½ pound dried cranberry beans (1¼ cups)
Water
1 pound bulk pork sausage
½ cup chopped onion
¼ cup chopped green pepper
1 garlic clove, minced
¼ teaspoon oregano
1 egg, slightly beaten
Salt
Choice of onions, acorn squash or green peppers

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick soak method, combine beans and 3 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water; soak overnight.)

Drain beans, reserving soaking liquid. Add enough water to soaking liquid to measure 4 cups. Return beans and water to saucepot. Heat to boiling. Reduce heat; cover and simmer for 1 hour or until beans are tender. Drain, reserving cooking liquid.

Meanwhile, in a large skillet cook sausage, breaking into small chunks, for 5 minutes or until browned. Spoon off and discard drippings. Add onion, pepper, garlic and oregano; sauté until onion is tender. Remove from heat. Add egg, beans and ¼ cup cooking liquid; toss until completely combined. Salt to taste. Select your choice of vegetables.

To prepare vegetables:

Onions: Peel 6 large, sweet onions. Cut off a thin slice from bottom and top of each onion. Using a melon baller or spoon, hollow out each onion (reserve inner part for other use), leaving ½-inch thick shell. Drop onions into boiling water and simmer 15 minutes. Drain well. Sprinkle with salt.

Squash: Cut 3 acorn squash in half lengthwise; scoop out seeds and discard. Place squash cut-side down on greased baking sheet; bake in a 375°F. oven for 30 minutes. Invert and sprinkle with salt.

Pepper: Cut off stem end of each of 6 large green peppers. Remove seeds and pulp. Drop into boiling water and simmer about 5 minutes. Invert and drain well. Sprinkle inside with salt.

To assemble: Preheat oven to 375°F. Fill each vegetable with about ¾ cup stuffing. Arrange in a baking dish. Loosely cover with foil to prevent overbrowning and bake 30 minutes. Makes 6 servings, about 535 calories for each onion; 570 calories for each squash; 510 calories for each green pepper.

4. GARBANZO NUTS
pictured on page 108

A nutritious snack that's addictive.

1 pound dried garbanzo beans or chick-peas (2¼ cups)
Water
4 teaspoons salt
6 tablespoons butter or margarine
4 garlic cloves, halved
1 teaspoon onion salt
1 teaspoon chili powder
½ teaspoon dry mustard

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover, let stand 1 hour. Or cover beans with water and soak overnight.)

Drain beans, reserving soaking liquid. Return beans to saucepot. Add enough water to soaking liquid to make 4 cups. Pour soaking liquid over beans; add 1 tablespoon salt. Over high heat bring to boiling. Reduce heat to low; cover and simmer 1½ hours or until almost tender. Drain well.

In large skillet melt half the butter or margarine. Add 2 garlic cloves and brown; discard garlic. Add half the beans and cook in the flavored butter over medium-high heat until golden on all sides, about 20 minutes, shaking pan occasionally. Pour into a bowl. Repeat, using remaining butter or margarine, garlic and beans. Sprinkle onion salt, chili powder, mustard and remaining 1 teaspoon salt over sautéed beans; toss to coat well. *(Can be prepared in advance to this point. Cover and refrigerate up to 2 days. Crisp in a 425°F. oven for 15 to 20 minutes; shake pan after 10 minutes. Taste; sprinkle with salt if needed.)* Makes about 5 cups, about 100 calories per ¼ cup.

5. SIX BEAN SALAD
pictured on page 109

To achieve the spectacular results in our photo, beans must be soaked and cooked separately. However, the taste will be the same if the beans are prepared together (they'll just lose their individual colors).

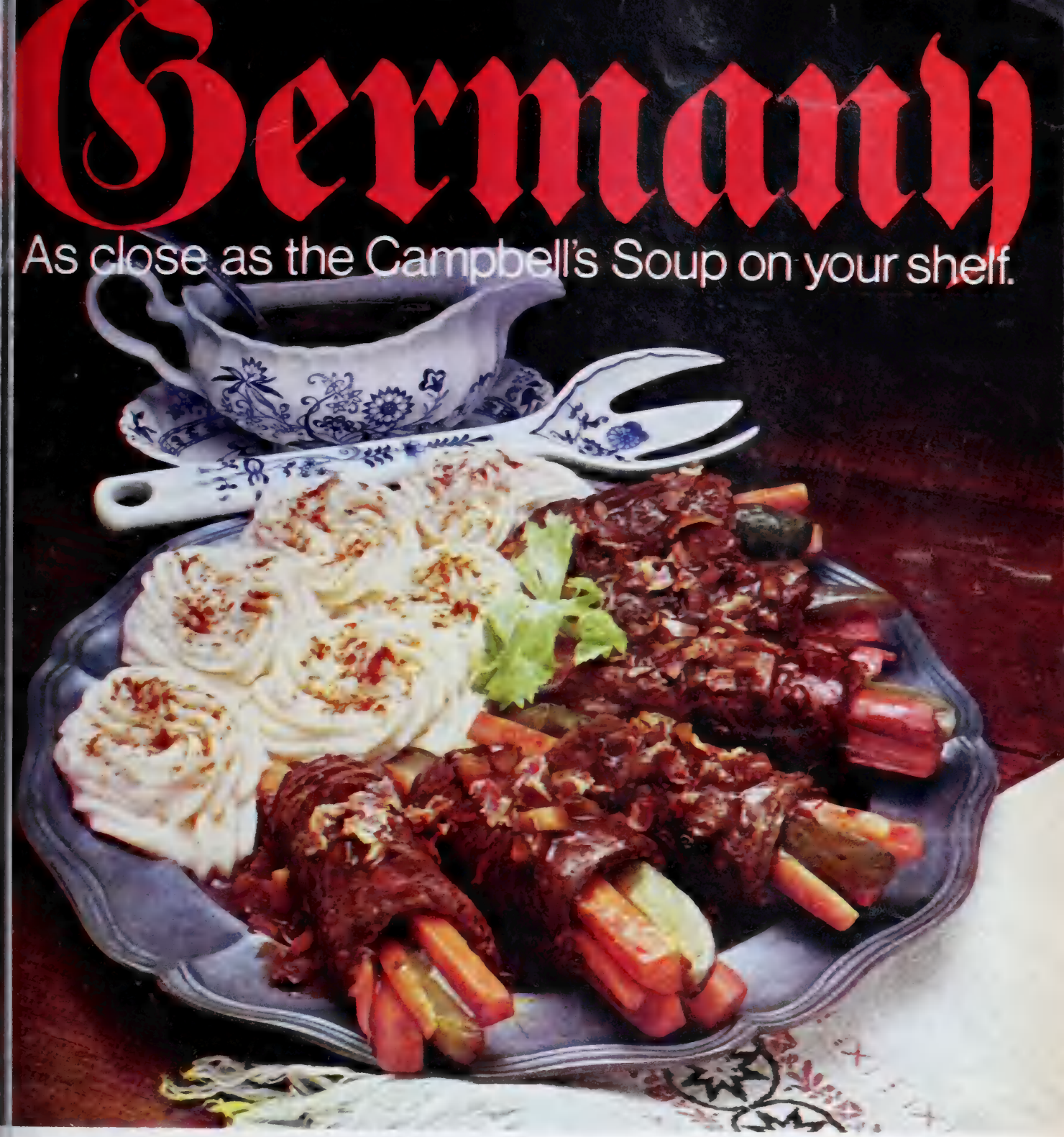
½ cup dried black beans
½ cup dried red beans
½ cup dried lima beans
½ cup dried blackeye beans (also known as blackeyed peas)
½ cup dried red kidney beans
½ cup dried navy or pea beans
Water
Dressing
½ cup salad oil
⅓ cup olive oil
⅓ cup fresh lemon juice
⅓ cup red wine vinegar
⅓ cup finely chopped green onions
⅓ cup finely chopped roasted red peppers
4 garlic cloves, minced
1½ tablespoons salt
1½ tablespoons basil
1½ teaspoons dry mustard
1½ teaspoons sugar
¼ teaspoon pepper
2 cans (6½ or 7 oz. each) tuna, drained

Rinse each of the six types of beans separately; discard any stones or shriveled beans. Drain. Cut six 12-inch squares of cheesecloth and tie one variety of bean loosely in each square forming a bag. (Beans expand while cooking, so make sure to leave plenty of room in each bag.) Separate beans into 2 groups; blackeyes, limas and navy in one group and the remaining in the other. Soak. (For quick-soak method, combine beans and 6 cups water in each saucepot; heat to boiling. Boil 2 minutes, remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain beans, reserving soaking liquids. (Keep the two soaking liquids separate.) Add enough water to soaking liquids to make 6 cups each; add to beans in saucepots. Heat each pot to *(continued)*

Germany

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eef Rouladen

slices bacon, cut in half
½ pounds thinly sliced round steak (¼ inch thick)
tablespoons Dijon mustard
medium dill pickles, cut in quarters lengthwise
medium carrots (about 1 pound), cut in quarters lengthwise
¼ cup finely chopped onion
1 can Campbell's Beefy Mushroom or Golden Mushroom Soup
½ cup chopped celery
½ cup chopped parsnips
2 tablespoons chopped parsley

skillet, cook bacon until crisp; remove and crumble. Cut meat into 6 ieces (6x4"); pound. Spread each with 1 teaspoon mustard. Place 2 ieces of pickle and 4 pieces of carrot across the narrow end; sprinkle ith 2 teaspoons onion. Starting at narrow end, roll up. Tuck in ends; isten with toothpicks or skewers. Brown roll-ups in drippings; pour off it. Stir in soup, celery, parsnips and parsley. Cover; cook over low heat hour 15 minutes. Stir occasionally. Thin with water if desired. Serve with ashed potatoes. Garnish with bacon. Makes 6 servings.

Kartoffelsuppe (NOT SHOWN)

½ pound frankfurters or 2 knockwurst, diagonally sliced
½ cup chopped celery
¼ cup finely chopped onion
¼ teaspoon celery seed
2 tablespoons butter or margarine
2 cans Campbell's Cream of Potato Soup
1½ soup cans milk
¼ cup chopped parsley

In large saucepan, brown frankfurters and cook celery and onion with celery seed in butter until tender. Blend in soup, milk and parsley. Heat; stir occasionally. Makes about 5½ cups.



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boiling; reduce heat to low, cover and simmer. Start checkin for doneness (should be fork-tender) after 30 minutes. Th blackeyes and limas will be done first, about 30 to 45 minute The red beans and navy beans will take about 1 to 1¼ hour kidney beans and black beans should take 1¼ to 1¾ hour Remove each packet of beans as they are done.

In shallow baking dish combine dressing ingredients. Ad beans, still in cheesecloth bags, and turn to coat well. Le stand at room temperature at least 4 hours to marinate, tossin occasionally.

To serve, remove beans from cheesecloth and pile each typ separately on large platter or in large bowl. Place tuna i center (see photograph on page 109). Pour remaining marinad over salad and tuna. Toss to combine and serve on lettuce-line plates. Makes 8 servings, about 425 calories each.

6. BUDGET CASSOULET
pictured on page 110

Less time-consuming and less expensive than the classic ve sion, this is still mighty good.

1 pound dried navy or pea beans (2⅓ cups)
Water
2 cups beef broth
½ pound sliced bacon, cut into ½-inch pieces
1 cup chopped onions
2 cups sliced carrots
2 tablespoons Worcestershire sauce
2 tablespoons basil
1½ teaspoons salt
½ teaspoon thyme
4 chicken thighs
1 pound knockwurst, cut into 2-inch pieces
½ cup dry white wine
1 can (16 or 17 oz.) tomatoes drained and chopped

Wash beans; discard any stones or shriveled beans. Drain an place in large saucepot. Soak. (For quick-soak method, com bine beans and 6 cups water. Heat to boiling; boil 2 minute Remove from heat; cover and let stand 1 hour. Or cover bea with water and soak overnight.)

Drain beans, reserving 2 cups soaking liquid. Return bea to saucepot with soaking liquid and beef broth.

Meanwhile, in skillet cook bacon until crisp. Remove wi slotted spoon and drain on paper towels; set aside. To drippin in skillet, add onions and carrots; sauté until lightly browne Remove with slotted spoon to saucepot with beans. (Don drain drippings from skillet. You'll use it again to brown th chicken and knockwurst.) Add Worcestershire sauce, basil, sa and thyme. Heat to boiling. Reduce heat to low; cover an simmer 1½ to 2 hours or until beans are tender. Drain; reser liquid. Spoon beans into ovenproof casserole.

Meanwhile, heat remaining drippings in skillet. Add chicke and cook until well browned on all sides. Add to casserol Repeat with knockwurst.

Preheat oven to 325°F. Pour wine into skillet; heat to boilin and scrape brown bits from bottom. Add wine and tomatoes beans. Sprinkle bacon over top. Bake for 45 minutes. Ad about ½ cup reserved bean liquid, if necessary, during bakin Makes 6 servings, about 710 calories each.

7. POULET AU JARDIN
pictured on page 110

Or chicken in the garden—with carrots, leeks, parsley and, course, beans.

1 pound dried great northern beans (2½ cups)
Water
1 whole roasting chicken, about 5 pounds
2½ teaspoons salt
¾ teaspoon rosemary
2 tablespoons salad oil
2 tablespoons butter or margarine
4 cups chopped leeks (about large)
¼ cup chopped parsley
1 large garlic clove, crushed
1¾ cups chicken broth
1 cup dry white wine
3 medium carrots, peeled an sliced
1½ tablespoons Worcester-shire sauce

Wash beans; discard any stones or shriveled

(continue

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COUNTRY GARDEN SALAD

- ¾ cup mayonnaise
- 2 tablespoons chili sauce
- 2 tablespoons chopped green pepper
- 1 tablespoon finely chopped onion
- 1 teaspoon lemon juice
- 6 cups salad greens torn in bite-size pieces
- ½ cup carrot sticks (2" long)
- ½ cup cherry tomatoes cut in half
- 2 cans (5 ounces each) Swanson Chunk Chicken

To make salad dressing, in bowl, combine mayonnaise, chili sauce, green pepper, onion and lemon juice; chill. In large bowl, combine remaining ingredients. Serve with dressing. Makes about 8 cups.



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beans. Drain and place in a large saucepot or Dutch oven. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Cover and simmer beans in soaking liquid until tender, about 1½ to 2 hours.

Meanwhile, trim chicken of all visible fat. Rub with ½ teaspoon each salt and rosemary. In large Dutch oven heat oil and butter or margarine. Add chicken and brown evenly on all sides. Add leeks, parsley, garlic and ¼ teaspoon rosemary; continue cooking over medium heat until leeks are tender, about 5 minutes. Add chicken broth and wine; cover and simmer over low heat 1½ hours. Drain beans. Add to chicken along with carrots, Worcestershire sauce and remaining 2 teaspoons salt; continue cooking until chicken and carrots are tender, about 30 minutes. Skim fat before serving. Makes 6 to 8 servings, about 650 calories per 6 and 485 calories per 8.

8. SOUTH-OF-THE-BORDER SOYBEANS
pictured on page 111

A protein-packed dish that will delight the entire family.

1 cup dried soybeans
Water
1 pound ground beef
1 medium onion, chopped
2 garlic cloves, crushed
2 tablespoons chili powder
1½ teaspoons ground cumin
1 large can (15 oz.) tomato sauce
Salt
¾ cup yellow cornmeal
2 teaspoons sugar
2 eggs, lightly beaten
1½ cups (6 oz.) shredded Monterey Jack or muenster cheese

Wash beans; drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Simmer beans, covered, in soaking liquid until tender, about 2½ hours. Add more liquid if necessary, checking frequently near end of cooking time when beans tend to absorb more liquid. Drain beans; reserve liquid.

Preheat oven to 350°F. Grease a 2-quart casserole or a deep-dish pie plate. In large skillet cook ground beef, onion and garlic until meat is browned and onion is tender. Spoon off drippings. Add soybeans, chili powder, cumin, tomato sauce and 1½ teaspoons salt. Simmer 3 minutes.

Meanwhile, in medium saucepan heat 2¼ cups water and 1 teaspoon salt to boiling. In small bowl mix cornmeal, sugar and ½ cup cold water. Slowly add cornmeal mixture to the boiling water, stirring constantly. Cover and cook over low heat 5 minutes. Remove from heat. Beat in eggs with wire whisk. Return to medium heat and cook, stirring constantly, for 1 minute. Stir in cheese until melted. Evenly spread half the cornmeal (approximately 1¾ cups) into casserole. Cover with meat mixture. Spread remaining cornmeal around edge of casserole. Bake 35 to 40 minutes or until golden. Makes 6 to 8 servings. About 585 calories per 6 and 440 calories per 8.

9. PEAR 'N' PORK BAKE
pictured on page 111

A highly unusual combination of flavors, which works beautifully.

1 pound dried lima beans (2¼ cups)
Water
Salt
6 pork chops, each about ¾-inch thick
¼ teaspoon pepper
2 tablespoons salad oil
½ cup dark brown sugar
Cinnamon
1 can (29 oz.) pear halves, drained
Chopped parsley, for garnish

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover with water and soak overnight.)

Drain beans; reserve soaking liquid. Put beans in saucepot. Add enough water to soaking liquid to make 4 cups; pour over beans. Stir in 1 teaspoon salt. Simmer 30 minutes. Drain beans, reserving 1 cup cooking liquid. Grease a 13x9-inch baking dish; spoon in beans.

Preheat oven to 350°F. Sprinkle pork chops with ½ teaspoon salt and ¼ teaspoon pepper. In a large skillet heat oil and cook chops about 5 minutes on each side or until browned. Place chops on beans.

In a small saucepan heat 1 cup reserved cooking liquid, sugar and ¼ teaspoon cinnamon until sugar is dissolved. Pour over chops and beans. Cover with foil and bake 50 minutes. Remove from oven; place pear halves on top, sprinkle with additional cinnamon and bake 15 more minutes, uncovered. Garnish with chopped parsley, if desired. Makes 6 servings, about 635 calories each.

10. FEIJOADA
pictured on page 111

The national dish of Brazil, pronounced fay-zhwah-dah, is one of the best party entrées we know.

1 pound dried black beans (about 2¼ cups)
Water
2 tablespoons salad oil
2 ounces salt pork, diced
1 pound beef stew meat, cut in 1-inch pieces
1 large onion, sliced
1½ pounds boneless smoked pork butt
4 cups chopped onions (about 4 to 6)
4 garlic cloves, minced
1 fresh tomato, chopped
2 tablespoons chopped parsley
1 pound chorizo or other smoked garlic pork sausage
Accompaniments: Hot cooked rice, sliced oranges, sautéed bananas, cooked greens

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover with water and soak overnight.)

Drain beans; reserve soaking liquid. In a Dutch oven or large saucepot heat 1 tablespoon oil, add salt pork and sauté until fat is rendered and salt pork is crisp. Add beef cubes and brown well on all sides. Stir in sliced onion and sauté until soft. Add enough water to soaking liquid to make 4 cups. Add liquid, beans and smoked pork to Dutch oven; cover and simmer 2 hours.

Heat remaining oil in a large skillet. Add chopped onions, garlic, tomato and parsley; sauté 5 minutes, stirring occasionally. Remove 1 cup beans from the Dutch oven and add to skillet, mashing them into the vegetable mixture. Spoon vegetables into Dutch oven and simmer 30 minutes or until beans are tender.

Meanwhile, cut sausage into ½ inch slices; sauté in large skillet until browned, about 10-15 minutes. Drain; add to beans and cook until heated through, about 5 minutes.

To serve, transfer beans to serving platter. Arrange accompaniments around beans. Makes about 11 cups, 625 calories per cup without accompaniments.

11. HEARTY MINESTRONE SOUP
pictured on page 113

A hearty soup for a winter's eve. Add a loaf of bread and a jug of wine–bliss!

1 pound dried cranberry beans (2½ cups)
Water
5 cups beef broth
1 tablespoon salad oil
1 cup chopped onions
2 garlic cloves, minced
2 potatoes, peeled and cubed
1 cup sliced carrots
½ cup chopped parsley
3 cups sliced zucchini
3 cups chopped cabbage
1 can (28 oz.) whole tomatoes
½ teaspoon basil
1 teaspoon salt
¼ teaspoon pepper
Grated Parmesan cheese (optional)

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover, let stand 1 hour. Or cover beans with water and soak overnight.)

In large saucepot combine beans, soaking liquid and broth. Cover and simmer 1½ hours. *(continued)*



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In a skillet heat oil, add onions and garlic and sauté 5 minutes. Add to beans along with potatoes, carrots and parsley; simmer 35 minutes more. Add zucchini, cabbage, tomatoes, basil, salt and pepper; simmer another 20 minutes. Serve with Parmesan cheese, if desired. Makes 3 quarts, about 170 calories per cup without cheese.

12. BLACKEYED PEAS
pictured on page 113

Not just for New Year's, blackeyed peas are delicious anytime. (Our food editor adds jalapeño peppers or hot pepper sauce, but she has a cast-iron stomach.)

1 pound dried blackeye beans or peas (3 cups)
Water
1 meaty ham bone
1 large onion, sliced
1 rib celery, chopped
1 tablespoon salt
1 bay leaf
½ teaspoon crushed red pepper

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Meanwhile, in large saucepot combine 4 cups water, ham bone, onion, celery, salt and bay leaf. Heat to boiling. Reduce heat to low; cover and simmer 1 hour.

Drain beans; discarding soaking liquid. Add beans to ham broth. Stir in crushed red pepper. Cook 1 to 2 hours or until tender. Remove meat from ham bone and stir into beans; discard bone. Spoon into serving dish, discarding liquid if desired. Makes 8 cups, about 285 calories per cup.

13. PASTA 'N' PEAS
pictured on page 113

The convenience of Italian cooking sauce makes this an easy-to-throw-together goody—especially if you already have some cooked beans on hand.

1 cup dried pink beans
Water
1 jar (16 oz.) Italian cooking sauce
½ teaspoon basil
½ teaspoon sugar
2 tablespoons butter or margarine
1 cup sliced mushrooms
¼ pound cooked ham, cut into ¼ inch strips
1 cup frozen green peas
2 tablespoons grated Parmesan cheese
1 package (8 oz.) green noodles, cooked according to package directions

Wash beans; discard any stones or shriveled beans. Drain and place in saucepot. Soak. (For quick-soak method, combine beans and 3 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain beans; reserve soaking liquid. Return beans to saucepot. Add 2 cups soaking liquid. Heat to boiling; cover and reduce heat to low. Simmer 1 hour or until beans are tender. Drain; set aside.

In large saucepan heat cooking sauce, basil and sugar. Lower heat and simmer.

Meanwhile, in medium skillet over medium-high heat, melt butter or margarine. Add mushrooms and sauté about 5 minutes. Add ham and peas and cook 3 more minutes. Stir contents of skillet, beans and cheese into cooking sauce. Continue cooking until heated through, about 5 minutes. Serve over hot cooked noodles. Makes 6 servings, about 340 calories each.

14. SENATE NAVY BEAN SOUP
pictured on page 113

Add more ham hocks if you like. In any case, serve with corn bread!

1 pound dried navy or pea beans (about 2½ cups)
Water
2 tablespoons butter or margarine
½ cup chopped celery
½ cup chopped onion
1 garlic clove, minced
1 smoked ham hock (about ½ pound)
1½ teaspoons salt
¼ teaspoon pepper

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PHILLY SAUCE SUPERB

¼ c. chopped onion
1 Tbsp. Parkay margarine
¾ c. milk
8-oz. pkg. Philadelphia Brand cream cheese, cubed
2½ oz. jar mushrooms, drained
¼ c. Kraft 100% grated parmesan cheese
2 Tbsp. chopped parsley

Saute onion in margarine. Add milk and cream cheese; stir over low heat until cream cheese melts. Stir in mushrooms, parmesan cheese and parsley. Heat.

EGG SUPERB: Add 6 hard-cooked eggs (cut in eighths), serve over toasted English muffins.

STROGANOFF SUPERB: Add 1 lb. round steak, cut in strips and browned. Serve in patty shells.

BEEF SUPERB: Add 1 3-oz. pkg. chopped smoked sliced beef. Serve over toast points.

6 servings

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover, let stand 1 hour. Or cover beans with water and soak overnight.)

Meanwhile, in large saucepot or Dutch oven melt butter or margarine over medium heat. Add celery, onion and garlic; sauté until tender.

Drain beans; reserve soaking liquid. Add enough water to soaking liquid to make 10 cups. Add beans, soaking liquid, ham hock, salt and pepper to vegetables in saucepot. Heat to boiling; reduce to low. Cover and simmer 3 hours or until beans are tender and soup thickens. Remove meat from ham hock and return to soup; discard skin and bone. Makes about 2 quarts, about 235 calories per cup.

15. CHICK-PEA CURRY
pictured on page 113

A delicious East Indian side dish that we find addictive.

½ pound dried garbanzo or chick-pea beans (about 1 cup)
Water
1½ tablespoons salad oil
¾ teaspoon cumin seed
1 cup chopped onions
¼ cup (½ of a 4 oz. can) chopped green chilies
1½ teaspoons salt
1½ teaspoons ground coriander
½ teaspoon turmeric
2 bay leaves, crumbled
1½ teaspoons flour
1 cup frozen green peas

Wash beans; discard any stones or shriveled beans. Drain and place in a large saucepot. Soak. (For quick-soak method, combine beans and 3 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain beans, reserving soaking liquid. Add enough water to soaking liquid to measure 2 cups. Return beans and liquid to saucepot; cover, heat to boiling. Reduce heat and simmer 2 hours. Remove from heat; drain, reserving liquid.

In a large skillet heat oil; cook cumin seed until brown, about 45 seconds. Turn heat to medium-low and add onions, chilies, salt, coriander, turmeric and bay leaves. Cook for 5 minutes, stirring occasionally. Stir in flour; add 1 cup reserved liquid. Add beans and peas. Stir to combine and cook 8 to 10 minutes, stirring occasionally. Makes 6 to 8 servings; 365 calories per 6 and 275 calories per 8.

16. REFRIED BEANS (FRIJOLES)
variation pictured on page 113

A must for Mexican meals—and the base for our "frijole" dip and salad.

1 pound dried pinto beans (2½ cups)
Water
1 cup chopped onions
1 garlic clove, chopped
2 teaspoons salt
⅓ cup bacon drippings

Wash beans; discard any stones or shriveled beans. Drain beans and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain beans, reserving soaking liquid. Add enough water to reserved liquid to make 4 cups. Return beans and liquid to saucepot. Add onions and garlic. Heat to boiling; reduce heat and simmer, covered, until beans are tender, about 3 hours. Remove from heat, add salt and mash beans with a potato masher.

In large skillet melt bacon drippings. Add beans and cook, stirring constantly, until all the fat is completely absorbed and the beans are hot. Add reserved bean liquid if needed. Makes 6 cups, about 95 calories per ¼ cup.

Variations:

Frijoles Ensalada. For each salad, place 1 cup shredded lettuce on serving plate. Spread ½ cup Refried Beans on lettuce. Add, in order given, ¼ cup chopped tomato, 1 tablespoon chopped green onion, 1 tablespoon alfalfa or bean sprouts, 2 tablespoons taco sauce, 1 tablespoon sour cream and 1 slice *(continued)*





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Saucy Ham and Potato Bake

- 2 tablespoons chopped onion
- ¼ cup Parkay margarine
- ¼ cup flour
- 1 teaspoon salt
- ½ teaspoon dry mustard
- Dash of pepper
- 1½ cups milk
- 2 cups (8 ozs.) shredded Kraft natural mild cheddar cheese
- ½ lb. ham cut into ⅛-inch slices
- 6 cups cooked potato slices

Sauté onion in margarine. Blend in flour and seasonings. Gradually add milk; cook, stirring constantly until thickened. Add 1½ cups cheese; stir until melted. Toss potatoes in cheese sauce. Pour into 2-quart casserole, reserving 1 cup potato slices. Arrange ham and remaining potato slices on top of casserole. Bake at 350°, 30 minutes. Top with remaining cheese. 6 servings

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KRAFT

avocado. Makes 1 serving, about 270 calories.

Dip: To one cup of Refried Beans, add a 4 ounce can of taco sauce, 2 tablespoons canned chopped green chilies and 2 tablespoons chopped green onions. Serve with tortilla chips. Makes 1¼ cups, about 20 calories per tablespoon.

BLACK BEANS AND RICE

A Caribbean classic, particularly in Cuba. Top with chopped onions or hard-cooked eggs if you like.

1 pound dried black beans (2¼ cups)
Water
2 tablespoons butter or margarine
2 medium onions, chopped
2 garlic cloves, crushed
2 bay leaves
½ cup chopped green pepper
1 teaspoon ground cumin
3½ cups beef broth
1 tablespoon cider vinegar
1 teaspoon salt
⅛ teaspoon hot pepper sauce
3 cups hot cooked rice

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain beans; reserve soaking liquid. In a Dutch oven or large saucepot, melt butter or margarine. Add the next 5 ingredients and sauté until onions are tender, about 3 to 5 minutes. Stir in beans; cook 3 minutes more. Pour in beef broth and 1 cup reserved soaking liquid. Simmer, partially covered, over low heat until beans are tender, about 1 to 2 hours, stirring occasionally. Add more water to pot if beans become too dry. During last 30 minutes of cooking stir in vinegar, salt and hot pepper sauce.

Serve beans with rice. Makes 6 to 8 servings, about 440 calories per 6, 325 calories per 8.

FALAFEL WITH YOGURT SAUCE

We like to munch on this mideastern favorite while browsing our way through the many New York City street fairs.

Falafel
1 cup dried garbanzo beans or chick-peas
Water
¼ cup salad oil
1 garlic clove, crushed
1 large onion, chopped
¼ cup parsley sprigs
1 teaspoon salt
2 teaspoons lemon juice
⅛ teaspoon hot pepper sauce
3 tablespoons flour
Yogurt Sauce
1 cup plain yogurt
1 small onion, chopped
4 loaves pita bread

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Wash beans, drain and place in a large saucepan. Soak. (For quick-soak method, combine beans and 3 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Simmer beans in soaking liquid, covered, until tender, about 2 hours. Add more water if necessary. Drain; set aside.

In a medium skillet heat 1 tablespoon oil. Add garlic and onion and sauté until onion is tender, about 5 to 7 minutes.

In a food processor with steel blade attachment, place sautéed onions and garlic, garbanzo beans, parsley, salt, lemon juice and hot pepper sauce. Process until smooth. (Or force through food-mill into a medium bowl.)

With floured hands, form ovals with about ¼ cup puréed beans each. Roll in flour; set aside.

In skillet heat remaining oil. Cook falafel, turning with spatula until golden brown. Drain on paper towels. Meanwhile, combine yogurt and chopped onion. Serve falafel in pita bread topped with yogurt sauce. Makes 4 servings, about 420 calories each

BOSTON BAKED BEANS

The real thing—except we cut down on the molasses a little.

2 pounds dried navy beans (4⅔ cups)
Water
2 medium onions, chopped
¾ cup firmly packed brown sugar
½ cup molasses
½ pound salt pork *(continued)*

the bean book

continued

4 teaspoons salt
1 tablespoon dry mustard
¼ teaspoon pepper
¼ teaspoon ground cloves

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 12 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain beans; reserve soaking liquid in a saucepan. Place beans in large beanpot or 5-quart Dutch oven with tight fitting lid. Stir in remaining ingredients. Add enough water to soaking liquid to make 5 cups. Heat to boiling and pour over beans. Place in 250°F. oven and cook covered 7 to 9 hours, adding more water if necessary to keep beans covered. Makes 10 cups, about 590 calories per cup.

RED BEANS AND RICE

A New Orleans favorite. We're of the "pour on the hot sauce" school, but that's up to you.

1 pound dried red beans (about 2½ cups)
Water
2 tablespoons butter or margarine
2 medium onions, peeled and chopped
2 garlic cloves, crushed
½ teaspoon thyme
1 bay leaf
Meaty ham bone (about 1¼ lbs.)
1¼ teaspoons salt
½ teaspoon hot pepper sauce
3 cups hot, cooked rice

Wash beans; discard any stones or shriveled beans. Drain and place in a large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain off soaking liquid, add enough water to equal 4 cups.

In large saucepot or Dutch oven, melt butter or margarine. Add onions, garlic, thyme and bay leaf and sauté until onions are tender. Add beans, ham bone and 4 cups reserved soaking liquid to onions. Simmer, covered, until beans are tender, about 1½ to 2 hours, adding more water if necessary.

During the last 30 minutes of cooking, remove ham bone. Cut off meat from bone; return meat along with salt and pepper sauce to saucepot. Remove 1 cup of beans; mash with potato masher or in food processor or blender. Return to saucepot. Continue cooking until beans are tender. Remove bay leaf before serving. (If beans are too thick, thin with water.) Serve with rice. Makes 7 cups, about 430 calories each with ½ cup rice.

WHITE BEAN PURÉE

A fabulous side dish for a festive dinner.

1 pound dried great northern beans (2½ cups)
Water
4 medium carrots, peeled and halved
2 medium, peeled onions, each stuck with 2 whole cloves
1 garlic clove, peeled
½ teaspoon thyme
¼ cup butter
1 cup heavy or whipping cream
2½ teaspoons salt
⅛ teaspoon white pepper
Dash nutmeg

Wash beans; discard any stones or shriveled beans. Drain and place in a large saucepot. Soak. (For quick-soak method, combine beans and 7 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Add carrots, onions, garlic and thyme to beans. Simmer beans, covered, in soaking liquid until tender, about 1 to 2 hours. Add more water to cover if necessary. Drain beans and vegetables, reserving ½ cup of the cooking liquid. Remove cloves; place bean mixture in food mill or potato ricer and purée a portion at a time. Scrape purée into a saucepan; add butter, cream, salt, pepper and nutmeg. Whip with electric mixer until light and fluffy (like mashed potatoes). If purée is too thick, add some of the re

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served cooking liquid. Heat until hot and butter has melted, stirring occasionally. Makes 6½ cups, about 215 calories per ½-cup serving.

KIDNEY BEAN AND CHEDDAR SOUP

A protein-packed soup that is hearty enough to be a supper entrée.

1 cup dried red kidney beans
Water
½ cup butter or margarine
4 ribs celery, chopped
4 medium onions, chopped
2 carrots, peeled and chopped
1 cup green pepper, chopped
½ cup all-purpose flour
4 cups chicken broth
4 teaspoons Worcestershire sauce
⅛ teaspoon cayenne pepper
1 can (12 oz.) beer
3 cups (¾ lb.) shredded Cheddar cheese

Wash beans, drain and place in a large saucepot. Soak. (For quick-soak method, combine beans and 3 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain beans, reserving soaking liquid. Place beans in saucepan. Add enough water to soaking liquid to make 3 cups; add to beans. Heat to boiling. Reduce heat to low; cover and simmer 1½ hours or until beans are tender.

In large saucepan melt butter or margarine. Add celery, onions, carrots and green pepper; sauté over medium heat until vegetables are tender, about 5 minutes. Blend in flour and cook 1 minute more. Gradually stir in chicken broth, Worcestershire, cayenne and 2 cups cooked beans. Heat to boiling. Reduce heat to low; cover and simmer 30 minutes, stirring occasionally, breaking beans with the back of a spoon. Stir in remaining beans and beer. Cook for 15 minutes. Add cheese and continue cooking, stirring until cheese melts. Makes 10 cups, about 355 calories per cup.

MAMA KUHLMAN'S BEANS

From Phyllis Kuhlman of Laguna Beach, Ca., who is partially responsible for our food editor's fixation on spicy food.

1 pound dried pinto beans (about 2½ cups)
Water
1 can (10 oz.) enchilada sauce
1 pound chorizo or hot Italian sausage
2 tablespoons salad oil
1½ pounds beef stew meat, cut into 1-inch cubes
1 large onion, chopped
3 garlic cloves, crushed
1 cup red wine
1½ teaspoons unsweetened cocoa
1 teaspoon salt
½ teaspoon oregano
½ teaspoon ground cumin
¼ cup butter or margarine

Wash beans; discard any stones or shriveled beans. Drain and place in a large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Simmer beans, covered, in soaking liquid until *barely* tender, about 1 hour. Add enchilada sauce and cook 1 hour more, or until beans are tender.

Meanwhile, cut sausage into bite-size pieces. In large Dutch oven heat oil. Add beef and sausage and brown well on all sides. Add onion and garlic and sauté, stirring occasionally, until onion is soft. Spoon off and discard drippings. Add beans and cooking liquid to meat. Stir in wine, cocoa and seasonings.

Preheat oven to 300°F. Bake covered for 2 hours. Stir in butter or margarine and bake 30 minutes more. Makes 6 to 8 servings, about 715 calories per 6, 505 calories per 8.

KID'S KASSEROLE

Bound to be a family hit!

1 cup dried kidney beans
1 cup dried great northern beans
Water
1 can (8 oz.) whole kernel corn, drained
½ pound ground beef
1 medium onion, chopped
½ teaspoon oregano
1 teaspoon salt
⅛ teaspoon pepper
1 jar (16 oz.) Italian cooking sauce
1½ cups (6 oz.) grated Cheddar cheese
1 can (3½ oz.) fried onion rings

(continued)

Snackin' Cake has a recipe for banana nut bread nuts.



That's me!

Betty Crocker

Snackin' Cake®
Nutty Good Banana Bread

Heat oven to 350°. Grease bottom only of loaf pan, 9x5x3 or 8½x4½x2½ inches. Prepare 1 package Betty Crocker® Snackin' Cake® banana walnut cake mix as directed except – mix in bowl. Stir in ½ cup Gold Medal® all-purpose flour and 1 egg with the water. Pour into pan. Bake until wooden pick inserted in center comes out clean, 40 to 50 minutes. Cool 10 minutes; remove from pan.

High Altitude Directions (3500 to 6500 feet): Heat oven to 375°. Increase flour to ⅔ cup and water to 1 cup plus 2 tablespoons.

Try with Betty Crocker Snackin' Cake applesauce raisin or date nut cake mix.

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This delicious Snackin' Cake recipe bakes up easy for all the banana bread nuts in your family.

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Kitchen Bouquet—It makes the gravy.

Wash beans; drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Simmer beans in soaking liquid, covered, until tender, about 1½ to 2 hours, adding more water if beans become dry. (Beans should be covered with water at all times.) Drain beans and stir in corn. Arrange in 2-quart shallow baking dish; set aside. Preheat oven to 350°F.

In medium skillet brown meat over medium heat. Spoon off drippings. Add onion, oregano, salt and pepper. Cook until onion is soft, about 3 minutes. Add cooking sauce and simmer 5 minutes. Stir ground beef mixture into beans. Bake, uncovered, 15 minutes. Remove from oven. Sprinkle with cheese and onion rings. Continue baking for 15 minutes more. Makes 6 servings, about 585 calories each.

KIDNEY BEAN 'N CABBAGE RAGOUT

A sweet-sour beef dish reminiscent of sauerbraten.

1 pound dried kidney beans (2 cups)
Water
3 tablespoons salad oil
3 pounds beef bottom round roast
¼ teaspoon pepper
4 cups shredded red cabbage (about 1½-pound head)
2 apples, peeled, cored and grated
1 large onion, chopped
1¾ cups beef broth
1 cup red wine
⅓ cup cider vinegar
⅓ cup brown sugar
1½ teaspoons salt
⅛ teaspoon ground cloves

Wash beans; discard any stones or shriveled beans. Drain and place in a large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling, boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Simmer beans, covered, in soaking liquid until tender, about 2 hours, adding more water to cover beans, if necessary.

Meanwhile, in large Dutch oven heat oil. Rub meat with pepper and brown evenly on all sides over medium-high heat. Add cabbage, apples and onion and cook, stirring frequently, until cabbage and onion are soft, about 5 minutes. Pour in beef broth. Simmer, covered, for 1 hour, stirring occasionally. When beans are tender, drain and add to the meat along with remaining ingredients. Continue cooking until meat is tender, about 1 more hour.

Remove meat to platter; surround with beans and cabbage. Makes 8 servings, about 890 calories each.

BLACK BEAN SOUP

One of our friends in the food world serves this for brunch. We like it most anytime.

1 pound dried black beans (about 2¼ cups)
Water
8 cups beef broth
2 smoked ham hocks (about 1 to 1½ lbs.)
4 cups chopped onions (about 4 to 6 onions)
4 garlic cloves, minced
2 tablespoons wine vinegar

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans with 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Meanwhile, in large saucepot combine broth, ham hocks and 4 cups water. Heat to boiling. Reduce heat to low; cover and simmer 1½ hours.

(continued)

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the bean book

continued

Drain beans, discarding liquid. Add beans, onions and garlic to saucepot. Return to boiling. Reduce heat; cover and simmer 3 hours. Remove ham hocks and cut off meat; discard bones and skin.

Remove 3 cups beans and purée in blender or food processor. Return purée to saucepot and stir to blend. Add vinegar and meat from ham hocks. Heat. Makes 11 cups, about 175 calories per cup.

CLASSIC CASSOULET

This is a production; it is also fabulous. Definitely an "impress the guests" number.

1 pound dried navy or pea beans (2⅓ cups)
Water
Bouquet garni: 6 sprigs parsley, 2 garlic cloves, ½ teaspoon thyme, 1 bay leaf
½ pound salt pork, diced
3 medium onions
¼ cup salad oil
1 pound boneless lamb shoulder, cut into 1½-inch pieces
1 pound lamb or soup bones
2 garlic cloves, minced
3 tablespoons tomato paste
¼ teaspoon thyme
1 cup dry vermouth
2 cups beef broth
1 tablespoon salt
¼ teaspoon freshly ground pepper
1 pound boneless pork shoulder
½ pound kielbasa or Polish sausage, cut into 2-inch pieces
1 cup fresh bread crumbs
¼ cup chopped parsley

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain. Reserve soaking liquid; add enough water to make 4 cups.

Wrap bouquet garni in small piece of cheesecloth; tie to form bag and set aside.

In saucepot or Dutch oven cook salt pork over low heat until lightly browned. Pour off drippings and reserve. Slice one onion. Add onion, beans, 4 cups soaking liquid and bouquet garni to large saucepan. Heat to boiling. Reduce heat to low; cover and simmer 1 hour or until beans are tender. Drain beans.

Meanwhile, heat reserved drippings and oil in an ovenproof saucepot or Dutch oven. Add lamb, a few pieces at a time, and cook until very well browned on all sides. Remove pieces with slotted spoon. Brown bones well in drippings; remove. Chop remaining 2 onions and sauté in drippings until onions are tender.

Return lamb and bones to saucepot and add garlic cloves, tomato paste, thyme, vermouth, beef broth, salt and pepper. Heat to boiling. Reduce heat to low, cover and simmer 1½ hours. Remove lamb; discard bones, reserving broth. *(Can be made ahead to this point. Drain beans; cover and refrigerate. Discard bean liquid. Cover and refrigerate lamb and broth in separate containers up to 24 hours.)*

Roast pork on rack in open roasting pan in 325°F. oven for 1 hour. Reserve any pan drippings for final topping. Cut roast pork into 2-inch chunks. Arrange a layer of beans on bottom of 8-quart casserole, then a layer of lamb, pork and kielbasa. Repeat 2 more times, ending with beans. Pour lamb broth over beans to within 1 inch of top layer. Sprinkle top with bread crumbs and parsley and sprinkle with 1 tablespoon reserved drippings from roasted pork. Bake uncovered in 350°F. oven for 1 hour or until crust forms on top. Makes 8 servings, about 820 calories each.

End



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CROOKED LITTLE HOUSE

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lamps, that stood on her mantel as long as I can remember. Children are born with an instinct that tomorrow will be better than today, and it stays with them as long as they are growing, or becoming. Alan and Gail are excited about the new house; since they helped select it, it will be theirs in a way that this one never was. This house was theirs as Stuart and I are theirs, part of the emotional and physical landscape into which they were born. But they chose the new house, just as they will someday choose a person to marry, just as Stuart chose me and I chose him, and just as he chose Ellen, his new wife, when our battered hopes and irreconcilable differences could no longer be ignored.

People change. Stuart at 40 needs more reassurances and more serenity than Stuart at 25. And the rest of his family needs less space, less lawn to take care of and fewer closets.

The movers are lifting the couch now, swinging it gracefully between them, around the corner and through the doorway to the hall. I have not moved it to sweep behind it for at least a year; now that it is gone I notice a pair of scissors that I had thought were lost, a dark blue sock far too large to be Alan's and a collection of candy wrappers. I move lethargically to pick them up, remembering how my indifferent housekeeping irritated Stuart. The first time I cleaned our apartment, the week after we got back from our honeymoon in New York, I spent a whole day dusting, sweeping and polishing, and when Stuart got home from work I was vibrating with a sense of accomplishment. I tried to tell him how good I felt. "Stuart," I bubbled, "I cleaned all day. Doesn't the apartment look marvelous?"

"Sure," he replied. "It looks great." Then he rushed into the bedroom to change his clothes. When he emerged, five minutes later, he was pointing a smudgy finger. "You didn't dust the bookcase in the bedroom," he said.

He was right. I had forgotten the bookcase. After that incident I tried even harder, and Stuart never complained. But after the children were born it always seemed as though there were more important things to do: stories to read and hurts to mend, zoos to visit and nursery rhyme wallpaper to hang in Gail's room. I hired a girl to help me for a few months after Gail was born, but she had a habit of putting things away where Stuart couldn't find them, so I gave up on that. Stuart learned to live with occasional dust and debris and smudges of peanut butter and jelly on the walls and I learned to live with the guilty sense that I was failing him in some substantial way.

We were in that first apartment for only six months. We were both eager to buy a house in a neighborhood with good schools for the children we knew we would someday have, so as soon as we had saved a down payment we bought this house. It was much bigger than we needed; before Alan and Gail were born we rattled around in it like bats in a huge cave. But Stuart understood that we would someday need this much space, and he did not want to keep buying and selling house after house, each one larger than the last, paying real estate commissions and perhaps losing money on each sale.

So we started here, almost, and we ended here, and this afternoon Alan and Gail and I will be in a new house for the first time in our lives. Of course, it is not a *new* house, only new for us. It was built in 1938, which makes it older than I am and it has developed a personality through the years, settling onto the hill on which it sits, with an air of cocky assurance. Its floors slope gently toward the south like airstrips for a flock of peculiar birds who have decided to slide south for the winter.

A contractor friend assures me that the house is structurally sound, even though everything about it seems slightly askew, and even though some of our furniture will have to be leveled to accommodate the slope of the floors. He says it has settled as much as it will settle. It is a totally crazy house, with a bedroom in the basement, one limb o a giant oak tree on the roof, and a back yard full of brambles. It has no dinin room, no guest bedroom, and no famil room. Gail's room has no closet. Th sink leaks, and the whole house tilts s much that I will probably wake som morning to find that all my belonging are on their way to Kentucky. I must b absolutely crazy myself to have agree to sell my home and move into anythin so precarious.

I move to the front window, where can see the movers easing the couc into the van. They have only the pian now, and the refrigerator, and a fe chairs. Then the house will be empty. will be left with my box of school paper that the children will probably neve look at again and that I have no roon for. I imagine, for a moment, that I wil be unable to leave when the time comes I will tell the movers, when they hav finished, that they must move me, too carefully wrapped in one of their quilte gray pads or rolled inside one of m own rugs, straightjacketed against th spasms of nostalgia and regret that I an feeling.

I move about from room to room noticing the shabbiness of carpet wor more than I realized, reliving the stain and dents and scratches that are no the only trace of the life that filled th house for twelve years. The family wh bought the house will be moving in nex week. They will paint and patch an carpet until no signs of us remain.

The movers are back in the livin room, appraising the piano. One o them, the tall freckled one *(continued*



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The house has grown chilly; the front door has been standing open all day, and the late October sun is weak. I have left a sweater hanging in my closet; as I move down the hall to get it, I hear Gail's voice coming from behind the closed door of her bedroom. I glance at my watch. Three thirty. The children have come home from school and I did not even notice. I stick my head in the door. "Welcome home, Woodstock," I say. Gail has a cowlick and a chronically curious expression. "How does it feel to see your room empty like this?"

But the room is not altogether empty. Gail is sitting in the middle of the floor, and beside her on the deep blue carpet, stretching, is the strangest looking cat I have ever seen. Although he seems healthy and well-fed, his body is a series of sinuous curves that make him look as though he has been taken apart and rearranged ineptly; none of his parts seem to fit properly.

But he has huge gray eyes and long gray fur and a charming face. His legs appear to be the same length, but when he stands on them he tilts to the left, as though he were walking sideways up a hill. I am about to ask Gail where he came from when she fills me in.

"We found him in the classroom this morning, Mom, and Mrs. Kennedy asked me to bring him home for the night. Tomorrow we're going to try to find his owner. Don't you think he's beautiful?"

Before I can respond, Mr. Peepers roars through the door. He gives the cat an icy once-over and settles down at Gail's side, wagging everything he can find to wag.

"I think he's the most beautiful deformed cat I've ever seen," I carefully reply. "And I don't think you'll ever find his previous owner."

Gail gives me a piercing look that only increases her resemblance to Woodstock. "Why not, Mom? We can run an ad in the paper."

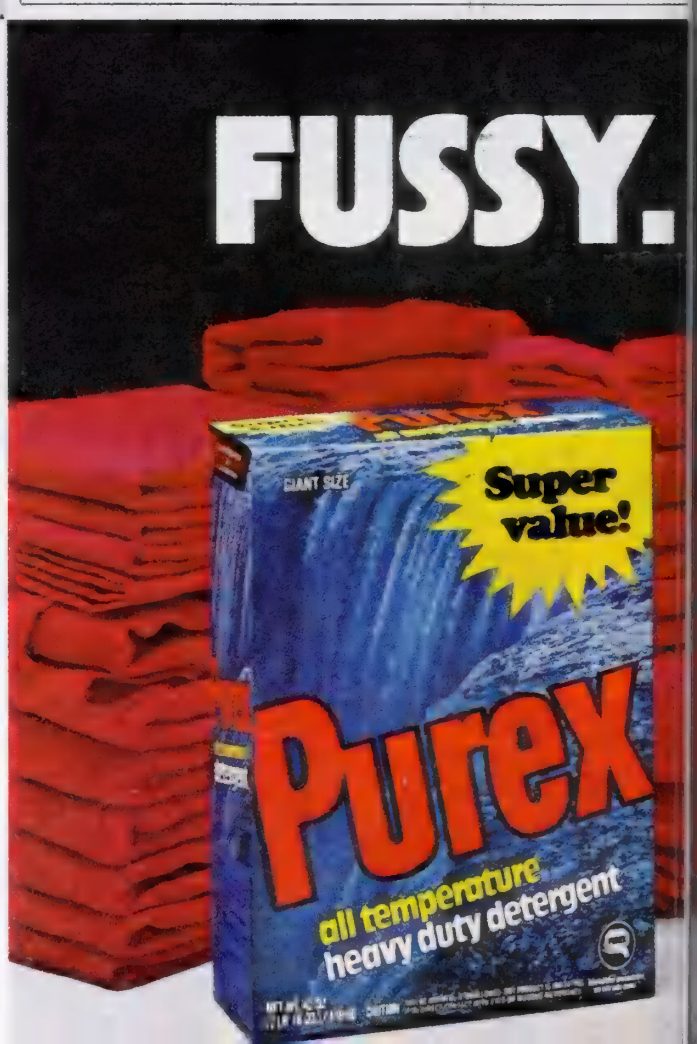
CROOKED LITTLE HOUSE

continued

with the moustache, asks me if there are stairs in the new house. I chuckle. The new house has stairs it doesn't even need: stairs to the living room, even stairs to the kitchen. It sit on its hill in so disjointed a way that in some places only stairs seem to connect its rooms. I begin to grin, imagining that if the house should settle much further we will need stairs from one side of each room to the other. "Yes, it has stairs," I reply to his question with what seems to me to be admirable restraint. "You'll have about twelve steps to the front door and another ten or so to the living room where the piano will go."

The young mover groans and looks sad. I want to comfort him, to explain that the stairs were not my idea, that the house was a good buy and that it has inadequate closets and that I will have to throw out the children's school papers and that it is slanted and sinister and I know we shouldn't have bought it. I feel my eyes growing hot and gritty, but I am not going to cry. I am going to sit here on my superfluous box, feeling superfluous myself, and watch the last of my life hustled out of the rooms and down the halls where I have moved through most of my adult life.

I can still feel tears forming behind my eyelids, so I remind myself that the new house is only a mile away and the children can stay in the same school that they now attend and where they've been so happy. It helps a little, but every time I look at that Gibraltar of a box, sitting now in a totally empty room, I want to run after the movers and tell them to bring it all back—that I've changed my mind, and we won't be moving, after all.



FUSSY.



I look for a way to explain that the cat is an omen, as obviously and irrevocably ours as the eccentric house we are about to occupy. I am glancing at a spot on the wall, high over the place where Gail's bed used to stand, when I remember the nursery rhymes on the wallpaper that also used to be there. "Don't you remember that Mother Goose rhyme about the crooked cat?"

Gail laughs, her excited, soon-to-be-grown-up voice filling the empty room. "Sure I do, Mom. There was a crooked house in it, too." She looks thoughtful for just a moment, and then continues. " 'There was a crooked man/And he walked a crooked mile. . .' " She pauses, straining for the next line.

I supply them. " 'He found a crooked sixpence against a crooked stile.' "

With a flash of recognition, Gail shrieks the next two lines. " 'He bought a crooked cat/Who caught a crooked mouse/And they all lived together in a crooked little house.' Oh, Mom—that's us, isn't it?"

"That's us," I agree. Suddenly Alan is in the room, too.

"The movers asked me to help them get the ropes on the refrigerator," he says proudly. He glances at the cat without much interest. "I see you got a cat. Can we go to the new house now, Mom? The movers are closing up the van."

Gail has gone out the door, carrying the cat. I am about to explain to Alan that I can think of at least a dozen reasons why I can't leave for a least a week when Gail bounces back. "The movers want to know what to do with that box of school papers that is still in the living room," she informs me gravely.

I sigh. I want to tell her that the box in the living room contains her past, hers and Alan's, and that we can't take it with us. I want to explain about loving, and how it takes different shapes as time passes. I want to go back to the living room, to that box crammed full of memories for which there is no place in the crooked, perilous little house we are about to take possession of. I want to perch on the box a little longer, long enough for our future to hatch out of the bits and pieces of our past. I want an unbroken line, with a single starting point and no hidden curves. I want a place to walk where the surface is firm and level.

But Gail hands me the cat. "I'm going to pick out the really important things from that box, Mom, and keep them in my drawer. We can throw the rest in the trash."

"Yeah," Alan agrees, "that's a good idea." They hurry off and I do not follow them to supervise their selection. I hold the crooked cat on my lap on the deep blue carpet that Stuart selected for Gail's room because he was certain we would have only sons. I move my hand along the strange, convoluted bends in the cat's backbone and watch it stretch, apparently unaware that it is not shaped as cats are supposed to be shaped.

Then the children are at the door. Each of them is carrying a small bundle of papers. They are ready to go. I get up, still holding the cat in my arms, and follow them out the door. It is time to walk another crooked mile. **End**

ARITHMETIC

By Harriet Gray Blackwell

Violets are blooming
Crocuses, too,
Wind beats white clouds
With masses of blue.

My heart is singing
New green's on the larch,
Add it all up
It comes out March.

IF YOU'RE REALLY FUSSY. PUREX.



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

KEEP IT OFF

continued from page 99

t. In the same way you can wear *any* ater you own, you are not likely to r *every* sweater in your wardrobe at time. You wear clothes with appropri- ness in mind; you must deal with your ng needs in the same sensible manner. may, for example, have a high calorie l, but you'd want to avoid having three calorie foods at one meal.

Most people on a maintenance pro- n continue to use foods on the basic list for breakfast, lunch and a snack; then use the calories they saved ng the day at dinner. The evening l—the time you spend with your fam- the time you socialize with friends relatives—may be your best time to a maintenance food. (The exception ht be a very special luncheon.)

What should you add? Most dieters in by adding oil to their salads. re's no objection if you do this. You may have a cooked starch—potatoes, noodles, pasta or corn—but not y day. And on special occasions, in- e a fancy dessert. What you're doing, ther words, is sticking to the basic plan but adding extras to it.

Why, with all these extras, won't you weight? The reason, quite simply, is you still will have rigid control over fat intake, particulary the hidden in beef, lamb and pork. Although e are considered to be protein foods, make up the largest percentage of n most of our diets. These foods, in usually have more fat than protein! seems more significant when you ider that an ounce of pure fat has t 270 calories, whereas an ounce of carbohydrate has less than half that ber, 120 calories. Thus, everytime give up a fatty food, you also are g up a large number of calories. The then, is the less beef, lamb and pork eat, the easier it will be to control calories and your weight.

ars ago, I directed an obesity clinic New York City's department of health. one of the clinic days, I saw only e patients who regained the weight they had so diligently lost. In group- these patients together, I had hoped some of the reasons for failure would me more obvious. This is exactly happened. The two most common ons for regaining weight appeared to ailure to achieve a good final weight, is, stopping the basic diet too soon; secondly, failure to monitor weight a patient was on a maintenance diet ram.

fore stopping *your* diet, ask yourself: ny weight really low enough, or am I ping simply because I'm bored with dieting?" The extra few dieting days—or even a few weeks—will pay off beautifully in the long run.

A method I call the traffic light system is a good way to monitor your maintenance diet. The only assistance you'll need is your bathroom scale, which you'll use to weigh yourself daily. [Note: Always keep your scale on a firm, level surface, such as a wood or tile floor, and never on a carpet. Try to weigh yourself, without clothes, in the morning before you've had your breakfast.]

Begin the traffic light system by deciding on the maximum weight you wish to be, then subtract two pounds for safety. This is your "green light" weight. If your weight in the morning is at or below the green light level, continue your maintenance diet in moderation. If, however, you're at your maximum weight, or only one pound below it, you've hit the "yellow light" zone. Proceed with care. You still may use the maintenance diet program, but with special caution. Once you go above the maximum weight you're in the "red light" zone. Stop the maintenance diet immediately! Go back to the original Togetherness Diet (September 1979) until you are a full two pounds below your maximum weight; that is, back again at the green light level.

Return to the original diet the moment you cross into the red zone. (Do this even if you think the weight gain may only be water retention before your menstrual period.) Very often only one day of dieting may be enough to put you back in the green light zone. The more you practice the traffic light system, the easier it becomes to stay in the green light zone—and out of the red.

Keeping weight off is as active a process as *getting* it off. Both require awareness, discipline and a willingness to do what you know must be done without delay. You can be thin—and you can stay thin—once you faithfully observe the rules of good eating. **End**

RUNAWAY (At Six)

By Gladys McKee Iker

She took an apple,
And a locket,
Three smooth stones,
Four new pennies
To jingle in
Her ruffled pocket.
She took the small
Hurt in her heart
And tree-climbed
To the slanted roof,
And there she perched
Alone, aloof
Long enough
To make this rhyme
And worry us
Till supper time.



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When your child pleads for a pet, it's hard to refuse. But, you wonder, will he take care of it? And if not, guess who will wind up doing all the work?

By Roger Caras

Should You Get Your Child a Pet?



"I'd like my son to have a puppy but I'm afraid he won't take care of it once the novelty has worn off. Then what? I'll wind up doing all the work," says a mother of a ten year old who has been pleading for a pet for months. Another frequent parental lament: "I know it's going to break her heart but that animal has got to go! She simply won't—or can't—take care of it." The failure of a child to assume sufficient responsibility for a pet, or parents' anticipation of a child's failure, is an all too common problem.

Why should a child have a pet? The joy of owning a pet, and the love and companionship it offers, are obvious reasons. And when a child, with your help and encouragement, learns how to care for an animal, he or she also learns an important lesson on how to be a responsible, dependable and caring individual. Finally, it's a unique opportunity for a child to grow to understand that other creatures have needs and feelings, too.

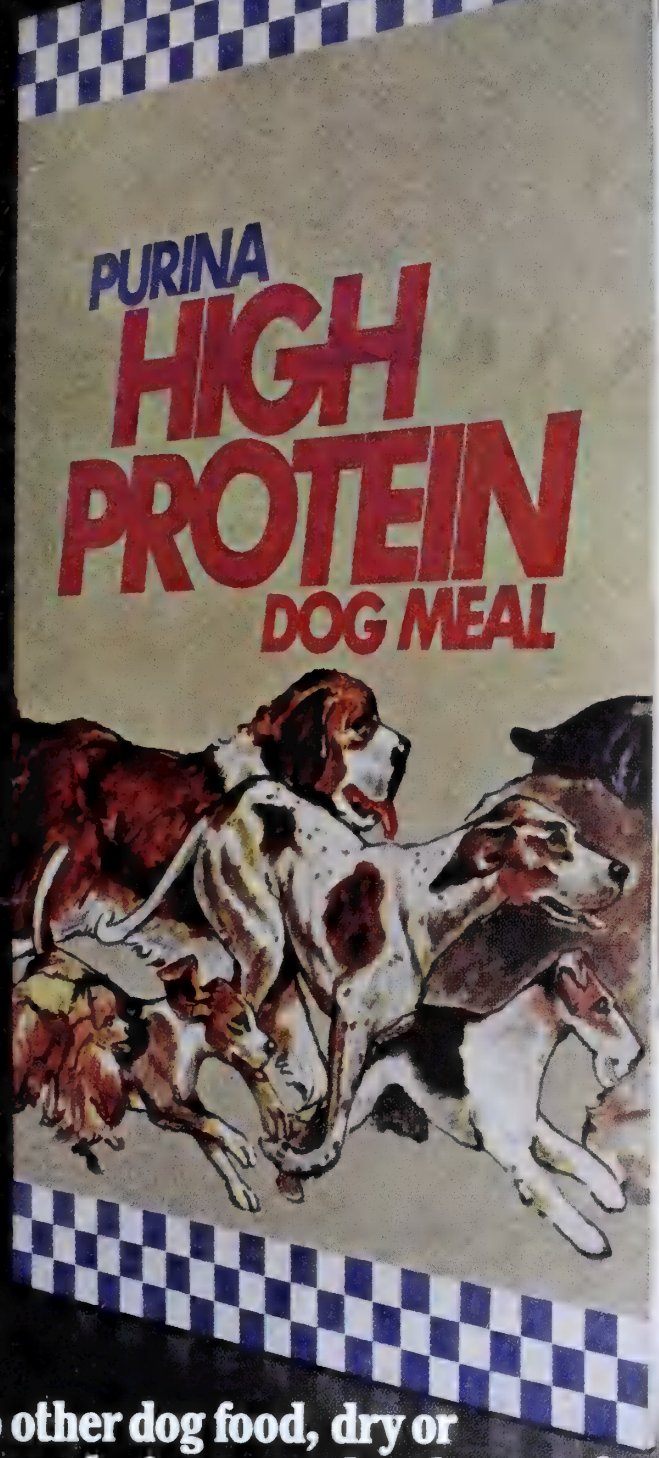
At what age is a child mature enough to be given a pet? There is no right age. The decision should be based on your assessment of your child's ability to handle responsibility. But keep in mind that a pet is an effective way to teach a child to handle responsibility. In general, if the child is old enough to respond to parental guidance, he or she is old enough to have a pet. Even a two year old can participate in pet care by "helping" you brush a dog, for example, or seeing that the water dish is always full. Once a child establishes these good habits, assuming further responsibilities later on will be easier.

How can I be certain my child will share in the care of an animal? There's no guarantee that your child will cooperate. If you have strong doubts, it's wise to get your child involved long before you bring home the pet. Decide together what type of pet you'll get. Once you agree on a breed of dog or cat, for example, insist that the child join you in reading about that animal's needs. List the decisions that must be made and emphasize that each and every aspect of pet care is equally important. When will the animal be fed and by whom? Where and when will it be exercised and by whom? Where will the water dish go? After you agree on the basics you can, if the child is eight or older, draw up a "contract." Put the pet care agenda in writing, have all involved sign it, then post it. Even if you feel certain that the contract approach is unnecessary, it's still a smart idea to list the animal's needs and divide up the chores beforehand—especially if this is your child's first pet.

Should the pet go if a child won't cooperate? To deny a child a pet as a form of punishment is usually unwise and also shows that you place a low value on life. Unless you are absolutely certain that a child is too rough or too immature, it's cruel to oust an animal. Chances are, even if your pet is purebred, a pound will have to put it to sleep. So before you get a pet decide what you'll do in case it doesn't work out. The ultimate lesson in pet ownership, for parents as well as children, is that an animal is a playmate—not a plaything.

What kind of pet is best for small children? Dogs and cats are the most responsive pets. However, if there are lease restrictions or allergies to worry about, birds can make very good pets. Canaries, parakeets and a number of other captive-bred species can be very responsive, and there are many small tasks a child can perform. Fish, reptiles and amphibians fascinate youngsters but require very special care. But even a three year old can help feed fish and shop for supplies. As long as a child feels a sense of participation, he or she will enjoy and learn from the experience of pet ownership so that the animal will be a teacher as well as a friend. **End**

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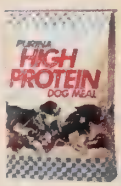




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AFRICAN VIOLETS

Easy as they are to grow, people still have problems with America's No. 1 houseplant. Here's the no-nonsense way to have beautiful flowers, year round.
By Virginie F. and George A. Elbert

African Violets are, without question, our most popular flowering houseplants. There are African Violet clubs everywhere from coast to coast and numerous nurseries that grow nothing else. All for good reasons: They are easy to grow, they flower continuously summer and winter, come in a wide range of colors, are very compact and are easily propagated. What more can one ask of any plant?

And yet . . . and yet . . . there are many people who have tried African Violets and failed. Plants are bought with flowers that last very well. But, suddenly, they stop and can't be induced to bloom again. "What is wrong with my African Violet? I can't get it to bloom," is a constant complaint. That ought not to happen with so fine a plant. So here are some tips for beginners and others who have run into the same trouble.

The first and most important step is acquiring the right kind of Violet. Beginners imagine that this is only a matter of picking out a healthy looking specimen with plenty of fresh flowers in a favorite color, as if all African Violets were alike. If that were true, you would only have to follow the standard instructions for care to be certain of success. As a matter of fact, there are thousands of different hybrid Violets that do well in a greenhouse with constant care. But move them into a home, and only a handful will live up to their promise of blooming continuously.

The African Violets we recommend as best for the beginner are the Rhapsodie and Ballet strains. They appeared a number of years ago and have preserved their popularity. Optimaras are the third group that, along with the others, you will see most frequently in florist and plant shops. All are patented plants and should have appropriate labels. For instance, the Rhapsodies go by such names as Claudia, Elfriede, Gigi, Gisela and Ophelia. The Ballets have similar names and one of these, Lisa, with a deep pink flower, is the most reliable Violet we have known.

Rhapsodies and Ballets are very compact plants with single stem and a flat circle of leaves. They rarely produce a sucker. Clear-colored *(continued)*



An overgrown (and non-flowering) Violet can easily be brought back to good health. From the left: note how plant is too crowded in pot with the many suckers growing around the base. Lift plant from pot and brush off soil.



With a good sharp knife, cut suckers away from "mother" plant, taking a few roots where possible. Repot all suckers in small pots with soilless mix. Mother plant begins flowering in a few weeks, others in a few months.



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"But I use Tide because it's the best thing I've tried on tough, muddy dirt."

"We just moved into a new house and our yard is still dirt. And Florida gets a lot of heavy rain. When my kids go outside to play volleyball, their clothes get covered with mud. I've used Extra-Action Tide since it came out, because it cleans this muddy dirt better than anything else I've tried."

Sonja Bjerg

For a difference in clean you can really see on tough, muddy dirt.



Washed in Leading Powder "A"

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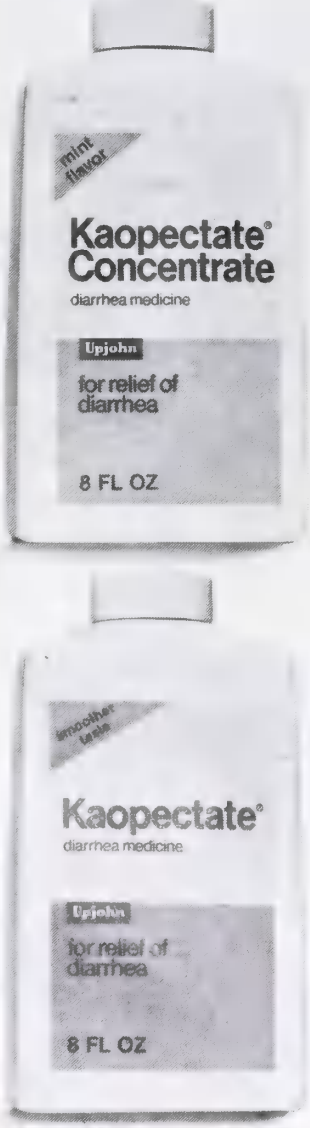
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AFRICAN VIOLETS

continued

flowers are borne continuously on sturdy stalks. You can kill these plants with neglect or really bad culture, but if you follow the rules they always respond. The third series, the Optimaras, are in our opinion less desirable, but they are vigorous growers and more reliable than the run-of-the-mill hybrid. All bear names of states (Alaska, Louisiana, etc.) and cities (Boston, New York).

Once you have learned to grow and bloom some of these plants it will be time to try different hybrids that catch your fancy. Now, for general growing, here are some well-recognized rules for the care of African Violets.

Soil.

Use a soilless mix. A safe and simple homemade one is equal parts of sphagnum peat moss, vermiculite and perlite. Add two tablespoons of lime chips or finely crushed egg shell to the quart of mix. You can use a packaged soilless mix if you add one part of perlite to each four parts of the mix—plus the lime. Moisten the mix before potting. When you buy plants at the florist change the soil after a few days to the soilless mix.

Pots.

Plastic pots are best. The pot should be only a little larger than the root spread of the plant.

Watering.

African Violets do not like to be soaked. Allow to dry out completely a couple of days between waterings. Be especially careful to do this during summer hot spells. Water until the liquid comes out of the pot at the bottom. Do not allow to stand in water. Always use room-temperature water.

Fertilizer.

For best flowering, fertilize with a high middle number formula. Use one-eighth teaspoon of 15-30-15 to a quart of water once a week.

Temperature.

African Violets require temperatures above 65° F. Below that level and above 85° F. the plants go into shock and will rot if the soil is wet.

Light.

Violets will grow quite well in a window and bloom as long as there is no prolonged cloudy period. They do best in bright indirect light in the country and full sun in the city.

Fluorescent light is more reliable than daylight and should be directly above the plants at all times. In a two-tube fixture use one Cool White and one Warm White fluorescent tube. This is an efficient combination. For superior results and a more natural looking light install two Verilux Tru-Bloom tubes. The lights should be on for 14 hours a day.

Insects.

The principal insect enemies Violets are mealybugs and mites. Mea bugs appear as masses of white w and goo under the leaves and in joints. Isolate the plant, then remove insects with a stiff, pointed brush dipp in rubbing alcohol. Repeat every until at least a week goes by with finding any more of the insects.

Mites are only visible with an eig to ten-power magnifying glass. W leaves thoroughly in lukewarm wa with a little detergent. Repeat at le four times at intervals of three days leaves in the center of the plant shri save a few healthy leaves from the ou circle and throw the plant away. W the leaves very thoroughly with s and water and follow directions starting new plants.

Disease.

Most of the diseases of African Vio result in rot of the stem, which is curable. As soon as rot happens, cut healthy leaves and follow directions starting new plants.

Starting new plants.

All you need to produce new pla are healthy leaves. Normally these taken from the outer ring but if plant has an infection, any heal leaves will do.

The easiest way is to suspend the s of the leaf in water by poking a p into cardboard laid over a glass. C roots will be produced. Better is to half a three-inch-deep container v slightly moist vermiculite. Cut the s of the leaf to a half inch, dip the tip hormone powder, and poke it into vermiculite up to the lower edge of leaf. Cover the container tightly v clear plastic and set in a warm p where it will receive bright reflec sunlight or at the ends of the fluores tubes. If you use larger containers can root any number of leaves at same time. In the vermiculite sev baby plants will grow along the st These can be separated with a sh knife and potted up separately.

FIRST LOVE

By Hannah Kahn

Say it is a song
A murmur, undefined,
Not clearly heard
But rather, like a bird
Hovering.

Say it is Braille
Communicant of touch,
A feeling unrevealed,
A secret shared.

Tremulous and shy
An outstretched hand,
The word unsaid.

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Low tar.
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Rave is the patented soft perm. It works without ammonia, without odor, without frizz. That makes all the difference in the way Rave perms. And the way your hair performs.

Rave eases your hair into perming. Never pushes, never rushes like others are known to do. Rave gently perms your hair into better behaving hair. Perms in soft curls and waves that la



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The gentle soft perm called Rave®



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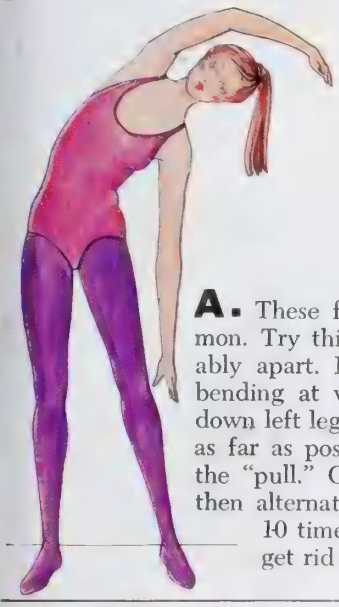


Beauty Journal

In frosty February, take special care of yourself—nails, feet, all over.

FOR NEAT FEET

Why is it that most men's feet are free of everyday problems. Statistically, the average turns out to be nine women with foot trouble to every man. The answer might be the fact that women's shoes offer such anti-foot styles as high heels, pointed toes, flimsy straps. Short of switching to wing-tips, here's how to deal with common problems. ▪ *Corns.* Horny hardening on the toes, due to friction or pressure. Trouble can usually be traced to one pair of shoes, according to one podiatrist. Often start as blisters. Use pad at first sign of tenderness. If you try a remover with salicylic acid, apply *only* to dead skin (corn). • *Calluses.* Like corns, layers of hard, dead skin caused by friction, pressure. Unless removed, build up to "rock platforms." If problem is minor, use a pumice stone or a sloughing cream. More severe, have a pedicure or see a podiatrist. Both "shave" off the callus. Sports buff? Better to leave a slight layer as protection against blisters. ▪ *Ingrown toenails.* Some say caused by improper cutting of toenails, constricting shoes. Others say from damage of toenail bed. Best treatment: podiatrist visit. There are over-the-counter medications. Some comfort can be had by inserting a cotton wisp under nail's edge with orange stick. ▪ *Bunions.* Enlargement of the first joint of the big toe; result of genetics or too tight shoes. In early stages, protective pads and proper shoes can help; advanced, see a specialist. New development told to us by Dr. Robert Fabricant, a New York podiatrist: ambulatory surgery, like a dentist drill, shaves bunion away.



EXERCISE OF THE MONTH

Q. *Help! I have a real problem area: fat pockets at the top of my hips. Do you have an exercise that will reduce this spot?—L.M., Overland Park, Ks.*

A. These fatty pockets are very common. Try this: Stand with feet comfortably apart. Raise right arm over head; bending at waist, slowly slide left arm down left leg (as illustrated). Inch down as far as possible. You'll be able to feel the "pull." Gently bounce a few times, then alternate to the other side. Repeat 10 times. P.S. Exercise *alone* won't get rid of this excess *fat*—diet, also.

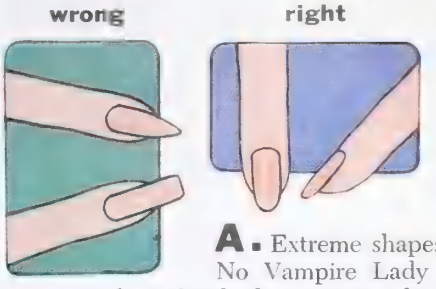
GROW OUT OF A PERM—GRACEFULLY

Were you one of those people who, bored with your bone-straight hair, went out and got it curled into a perm? If that was your story, say about five months ago, you're now looking into a mirror and wondering what on earth you can do with the nether-look known as a "growing-out perm." Here, a few fresh ideas. ▪ Quick, take a trip to your hairstylist. An expert cut can often do wonders—to revitalize, fluff up the old perm. • Try rolling, wrapping or twisting in the very newest geometric shapes. Tie or knot your hair with leather or ribbon strips by day, silk or metallic cording in the p.m. Or work with combs and barrettes to catch the hair off your face. ▪ Braids can be sassy. Make a tight one at each side, one neat tail down the back—or just plait the new straight hair, leaving lower permed curls free. ▪ Change your part, center to side or vice-versa. • Blow-dry to change the appearance to straighter waves—with volume. • If hair condition is good—get another soft (partial) wavy perm.

NEW NEWS

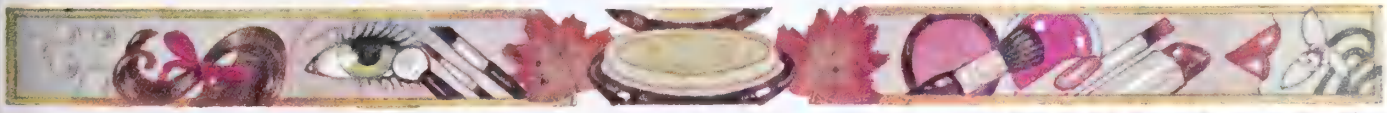
Just knowing you look great and feel great can keep you smiling right through February. Yes? • You'll want bouncy, buoyant hair. And don't forget body. All yours with L'Oréal Ultra Rich Beauty Formula Shampoo, 16 oz., $2.50. ▪ Moisture. Who doesn't thrive on it? Here's a dewy makeup with built-in moisturizer plus a sunscreen. Moisture Whip liquid makeup by Maybelline, in six shades, $2.25. • What happens if your hair gets frazzled by chemicals, hot rollers, the sun and such. Never fear. Aid comes in the form of Extreme, a reconditioner by Redken, $3.50 at salons. ▪ No one is flawless. To camouflage minor imperfections (dark circles, etc.), Crease Resistant Retouch, by Merle Norman, in three shades, $5.50. • Studies reveal that black women know lots about their skin, its problems. In answer, a skin-care system called Dermanesse, from the Polished Ambers of Revlon. Cleansers to moisturizers, $6.50–$8. ▪ Ready to sweep into the '80s with derring-do? Add a dash or two of a sexy new scent, Norell II, cologne spray, 1 oz., $12.50.

STRONG POINTS

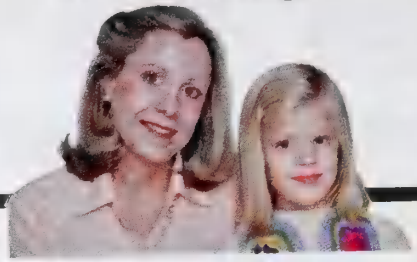


Q. *My nails have finally grown enough to look good. What shape should they be?—A.B., Elberon, N.J.*

A. Extreme shapes are definitely out. No Vampire Lady looks with dagger points and no hard-edge squares that are as blunt as a screwdriver (illustrated left). The best-looking shape for nails right now is a pretty oval, slightly rounded at the tip (illustrated right). When filing your ten beauties, remember, *never* file the sides of the nail—but only round the tip itself. This will give a stronger base, reduce the chance of splitting or breaking off. The overall impression will be neatly cared for, competent looking hands.



Border by Julia Noonan. Drawings by Thea Kliros.



By Geraldine Carro

Why Parents and Kids Clash Over Clothes

Here's how to cover up kids—without becoming unraveled yourself.

Clothes don't make the man. But try telling that to your five year old who refuses to wear the suit Grandmother sent for his birthday. Or try, if you dare, such reasoning on a teen-ager who insists she must have the jeans with brand name X rather than the no-name pair at half the price.

As any parent with a child old enough to say *yuck* knows, negotiating a dress code with the younger generation is a perilous enterprise. Clothes probably even outrank messy rooms as fodder for family conflict. (While some children are inexplicably neat, few are willing to wear what you'd like with any regularity.)

By now we've all been steeped in enough child psychology to recognize that there's probably more at stake than proper dress in family fights about clothes. Clothes, we suspect, are just a flimsy cover-up (pardon the pun) for weightier matters. Yale University child psychiatrist John Schowalter confirms our suspicions. "Clothes are a symbolic battleground between parents and children," he explains. "They are a device children use to express their desire for independence."

As battlegrounds go, clothes make a pretty good one. "It's a safe arena," says Dr. Schowalter. "You can have lots of fights about hair and clothing and nobody has to get seriously hurt."

Dr. Schowalter speaks from a position of authority on the subject. He is the father of two teen-agers, who have exacting notions about the proper cut of blue jeans, and the author with Dr. Walter Anyan of a new book for parents about the teenage years (*The Family Handbook of Adolescence*, Alfred Knopf, New York: 1979. $10.95).

Why, in Dr. Schowalter's view, does the clothing issue loom so large, especially in households where there are adolescents? Why does it matter so much to teen-agers whether they have the right kind of sneakers or—heaven forbid!—the wrong kind of jeans? And why do they insist on dressing in ways so distasteful to their parents?

"Clothes are our second skin," says Dr. Schowalter, "and the much more obvious of the two. They are an easy way to announce, 'This is who I am and how I feel.' The teen-age years are a time," he says, "when youngsters are busy trying to establish identities separate from their parents. Clothes help signal those differences."

Frequently teen-agers express this need to differ in ways that try even the most forbearing parents. Dr. Schowalter's favorite example of this is the teen-age girl who would ask her mother each morning to help her decide what to wear. If the mother ventured to suggest that she wear a red T-shirt, her daughter would pronounce it dreadful and choose a blue one.

This morning ritual obviously wasn't much fun for the mother, but Dr. Schowalter sees a positive side to it. The daughter, he says, was really using her mother as an anchor. "She needed to hear her mother's opinion before she could voice one of her own." He observes that, "Even when parents feel that they're being used in a negative way, they can be serving a positive function."

Although youngsters often need to set forth independent ideas about dress in the family, with their peers, of course, their behavior is usually just the opposite. They insist on dressing *exactly* like their friends, down to the most minute detail. If jeans with holes are *in*, says Dr. Schowalter, don't be surprised to find your child creating holes in his new pair of pants.



This sheep-like behavior doesn't mean that your child will be a hopeless follower forever. Dressing like the other kids is comforting when you're going through an adolescent identity crisis, explains Dr. Schowalter. Adolescence, he notes, is a time of as many changes as the toddler period. The difference is that toddlers can turn to their parents for reassurance while teen-agers really can't. After all, part of being an adolescent is separating from your parents. So instead, youngsters turn to their peers for support and *(continued)*

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Mothering

continued

solace. If they can establish an identity as part of a group, they know that they're normal. They can relax then, he says, and feel "I'm okay."

During the adolescent period, clothes and, in particular, today's unisex clothes, also serve a cover-up function. They hide the body changes that youngsters find so disconcerting at first.

But no matter how quirky their taste in dress, youngsters can't be blamed entirely for family conflicts about clothes, says Dr. Schowalter. Parents play a role, too. For a variety of reasons of their own, they overreact on this subject. Sometimes it's because they try to use their children as status symbols, buying them expensive clothes like the ones they wear. If their youngster then shows up in a torn T-shirt, it spoils the image of success that they're trying to create.

But more often, parents feel that when their children reject their taste in clothes, they're also rejecting them, as parents, and their entire way of life. This can be a very painful experience. And, too, says Dr. Schowalter, they may see nubile daughters and virile sons in tight pants as a reminder of their own aging.

In the interest of smooth family relations, Dr. Schowalter advises parents to allow their children, as much as possible, to dress the way they want to—as long as it's not indecent. "If a child dresses the way his peers do, let him follow."

It saves on emotional wear and tear, many parents find, to make some basic policy decisions about dress early on. When, for example, her seven-year-old daughter insists upon wearing red tights with her pink and yellow shirt, New Yorker Diana Jellinek flinches and says nothing. She has decided, she explains, to save up credit for the times it really matters to her—such as occasionally getting Kate to wear a special red smock dress. Diana splurged on it because she loved it. Kate says its *yucky*. (Part of what saves Kate from more frequent encounters with the red dress is Diana's memory of being obliged, as a child, to wear clothes *she* didn't like.)

Atlanta mother Dorothy Sperling, who has three children ranging in ages from nine to 16, has long since abandoned comment on her children's day-to-day dress. "But the rule is," she explains, "that when they come with me into adult situations, I do have a say."

The Sperling children also select their own wardrobes. At the beginning of the school year, the children make lists of the clothes they think they'll need. Their mother checks to see if the list is reasonable and then assigns a price she's willing to pay for each item.

Invariably, says Dorothy Sperling, a divorced parent on a tight budget, more thought and money goes into the purchase of the children's wardrobes than her own. "Unfortunately," she says wistfully, "I don't outgrow my clothes." **End**

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Apricot Chocolate Party Cake

Combine 1 C flour, ⅔ C cocoa, 1 tsp salt and 2 pkgs Fleischmann's® Active Dry Yeast. Drain 2 17-oz or 1 30-oz can apricots, reserve 1¼ C syrup. Combine ½ C syrup, ¼ C water, ¾ C milk and ¾ C (1½ sticks) Fleischmann's® Margarine in saucepan. Heat over low heat until very warm (120°F-130°F). Margarine need not melt. Gradually add to dry ingredients; beat 2 minutes at medium speed with electric mixer, scrape bowl occasionally. Add 1½ C sugar, 1 tsp baking soda, 3 eggs, ½ Tsp vanilla and 1¾ C flour. Beat at high speed 2 minutes. Pour into well greased 10" tube pan. Cover; let rise in warm place free from draft for 2 hours.

Bake at 350°F 55 minutes or until done. Prick cake with tines of fork. Spoon remaining ¾ C syrup over cake and let stand 15 minutes. Remove from pan, continue cooling.

Reserve 5 apricot halves for garnish; dice remainder. Whip 2 C whipping cream with 2 T sugar until stiff peaks form; divide in half. Fold ¼ tsp cinnamon and diced apricots into half the cream. Slice cake into 2 horizontal layers. Spread apricot cream mixture over bottom layer. Replace top, spread on remaining cream. Garnish with apricot halves. Refrigerate until ready to serve.



For free nutrition calculator and 36-page recipe booklet, write California Apricot Advisory Board, 1295 Boulevard Way, Walnut Creek, CA 94595.



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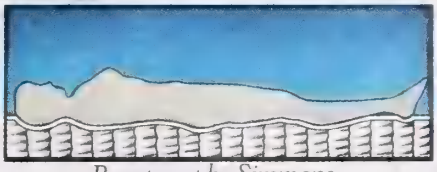
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THE DIET TRAP

continued from page 81

likes her fine that way and doesn't see why there has to be any change. Another is that the couple shares similar eating and drinking patterns, and the husband just doesn't like to lose his wife's company at the table.

There are, however, less obvious reasons for fighting a wife's weight loss.

"If a wife is overweight," says Dr. Stuart, "her husband can complain about a lack of sex—he will say she's too fat to be sexually appealing. But with some husbands," Dr. Stuart explains, "her obesity masks his own low libido. If she gets thin, he will have to admit his sexual problems, so it is in his interest to keep her fat. Too, if a husband is insecure, a thin wife is a threat. As long as she is fat, she may be less desirable to other men, which is fine with him."

This last strikes a chord with an attractive Detroit sales manager whose 35-pound weight loss has her husband showing signs of jealousy.

"Last week I went out to dinner with a business colleague and came home about eleven," she recalls. "When I got home, he said, 'Why didn't you catch the nine o'clock bus instead of the ten o'clock?' He never said anything like that when I was heavy."

Beyond a man's conscious or unconscious motives can be a woman's need to set her husband up as an ogre.

"If a woman is having trouble dieting," says Dr. Stuart, "she can make her husband into a nag by eating provocatively and then, when he criticizes her, blaming him for her overeating."

This type of exchange sets up harmful patterns, says Dr. Stuart, "because whatever behavior is 'attended to' becomes the norm."

If your parents, for example, were constantly telling you to eat your vegetables, but saying nothing when you ate well, you learned that you could get attention by not eating them. Today, as an adult, you may be trying to get your husband's attention by placing him in the role of critical parent.

Do you eat improperly so that he will pay attention to you? At the same time, do you dismiss any support he gives, so that he's discouraged from doing so?

If you have a clear conscience in this regard, and are pretty sure you haven't encouraged his fault-finding, then share ways that he can truly help you.

Helping him to help you

"My husband always resented the fact that I was overweight," says a now-thin New York City woman. "He would say, 'I go out every day to earn a living for you and the kids, and all you have to do is lose weight, and you won't.' "

It's easy to understand why this woman had trouble losing weight. Her husband's uninvited comments reinforced her low opinion of herself, destroying the self-confidence she needed to lose weight. What, then, are more positive ways a husband can help?

- Ask him to apply the "If you can't say anything nice, don't say anything at all" rule to your diet, as well as its corollary of complimenting good behavior. When you've done a good job on your diet, ask him to compliment you on your willpower. And when, on a down day, you reach for an extra slice of bread, ask him not to criticize you.

"This is the single most important thing your husband can do for you, because attention is a universal behavior reinforcer," says Dr. Stuart. "People will do the most outrageous things for attention. So, if attention is paid to positive behavior, you are harnessing one of human nature's most positive forces."

- Whenever you are together, ask him to share your eating habits. This doesn't mean that he can't have a piece of bread with dinner just because you aren't, but that he show some sympathy by avoiding tempting foods, such as cheesecake, in your presence.

"He doesn't have to flaunt the fact that he can eat anything he wants with impunity," says Dr. Stuart.

• Ask your husband to refrain from giving you diet instructions. He should assume that you are the expert.

"It can be humiliating when a husband tells his wife what and what not to eat. It undermines her confidence, and is often wrong advice," says Dr. Stuart. "For instance, he might criticize her for taking an extra slice of bread at dinner, but she is better off with three slices of bread than with a second slice of roast beef."

• Thank him with kind words when he does support your efforts.

"It's just as important for you to pay positive attention to the kindnesses you receive as it is for your husband to offer them," Dr. Stuart says.

Going it without your husband's support

"My husband acts terribly neglected and deprived since I started my diet," says a Chicago woman who has lost 40 pounds without any support from her husband. "Even though I make separate meals for him, he complains that I don't cook all the goop—gravies, sauces, deserts—that I used to, and he misses those extras."

When her husband refused to listen to her needs, she finally learned to ignore him. That's a course, says Dr. Stuart, that women often have to take.

"If a husband continues to belittle your efforts, then you'll have to follow your eating program without his help. You can look for outside social support to keep yourself going. Perhaps you'll need to join a weight control group."

He warns, however, against reading any dark significance into a husband's reluctance to support a diet.

"People sometimes think that a negative reaction to dieting indicates a general malaise in the marital relationship. It does not. The negative reaction is usually a unique and isolated phenomenon and not the most important thing in a marriage."

When children are the problem

Although a husband is usually the most influential family member in the home environment children also can wield some unpleasant power over their dieting mother.

"Most children affect a mother's diet only inadvertently," says Dr. Stuart. "A woman might rationalize the purchase of cookies and treats by saying she has to have them in the house for her children and their friends, when in fact the kids probably don't care that much about the snacks. Furthermore, the mother may eat half the box before they even get home from school."

In most family situations, you can sit down with your children and ask for their help in the same way you approached your spouse. Explain the diet to them and outline your goals. Say that it's hard for you to keep sweets in the house and that they can have fruit for after-school snacks—it's much better for them anyway. Tell them it's hard for you to cook at the end of the afternoon—Dr. Stuart has found that, for women, late afternoon is the most tempting time for snacking—and that you plan to cook meals ahead of time and freeze them. Ask them to clean up the kitchen after dinner so that you won't be tempted by leftovers.

Children's sabotage

While most children will happily comply with your diet efforts, Dr. Stuart says there are some children who will take an active role in sabotaging their mother's diet.

"If a parent has had a history of coercive behavior with the child, nagging or hassling him, undermining her diet is a marvelous way for the child to strike back," says Dr. Stuart.

"He, or she, will joke with the mother about the diet, flaunt problem foods in front of her, or complain about the lack of treats in the home. Even worse is when the children enter in collusion with the father, and together they make cynical remarks about the woman's diet that can seriously weaken her resolve," Dr. Stuart says. *(continued)*



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THE DIET TRAP
continued

In this situation, he recommends tak-ng a disarming approach to sarcastic omments.

"If a child says, 'Mom, you've never een able to lose weight before, why hould you bother now?', his mother ould easily start yelling or weeping. nstead, she should answer the question y saying something like, 'Well, I'm lad you're interested. I'll tell you how plan to lose weight this time.' That sually stops the negative comments."

This type of parent/child conflict is ften difficult for women to discuss, Dr. tuart says.

"It's very embarrassing for a mother say, 'My child is undermining my iet.' She considers it a sign of parental ailure. Some women, in fact, cannot dmit it and will opt to stay overweight. or them, the price of losing weight by dmitting that failure is too high."

Parents and friends

"When my mother congratulates me n my thinness," says a woman who st 25 pounds, "I want to get fat again, stick it to her. I think that's because hated the overemphasis she placed on ing thin and beautiful when I was owing up. Since I feel this way, I stay vay from her when I'm dieting, and n't invite her comments about my eight—ever."

Another woman complains: "When-er I've lost some weight and look real-good, my mother says I'm too thin, d that it's not healthy."

Parents, even when they mean well, n disturb the best-laid diet plans. It's to you, as an adult, to handle the oblems such interference may present.

"This means," says Dr. Stuart, "that u must negotiate new rules for inter-ting with your parents. If you simply n't handle critical remarks from your ther about your weight, you say mething like, 'It is very painful for me talk about my weight, and I must ask u not to discuss it with me.'"

And, he adds, if these exchanges are setting to you, don't take it out on ur diet. When you feel like having a okie to comfort yourself, do something ysical instead. "Go for a walk," says . Stuart, "or climb up and down the irs in your apartment building." The portant thing is to be active until the eling passes.

Friends can be as tough on a diet as ur parents—perhaps because they are lous, or afraid your weight loss will ange the friendship.

"I've had to shed some friendships as e gotten thin," says one woman who ads a medical clinic in California. ne friend in particular was very hos-to my diet. She'd say, 'You don't need to lose weight. You're under so much pressure at your job. It's not good for you to stop eating now. You need your energy.' But I didn't need the energy—I needed to lose weight."

A 28-year-old Florida homemaker tells of a friend who was very uncomfortable with her dieting and said, "How can I have you to my house for dinner if you won't eat properly?"

"When she first said it, I felt very guilty that I was causing her discomfort," recalls the woman. "But then I realized that it was her problem, not mine. I told her that I wouldn't come if it made her uncomfortable. That stopped the comments."

In most cases, your friends and family members will be happy to help you, if you talk to them and give them the proper guidelines. They can, in fact, be a great source of strength.

"Once my husband realized I was really trying to diet," says the English teacher, "he was wonderfully helpful. The other night he told me I looked fantastic. I said I'd only lost two pounds. 'Oh, I can really see the difference,' he said. 'You look terrific.'" *(continued)*

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Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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THE DIET TRAP

continued

"I have a friend who is also dieting, and we have helped each other tremendously," says a woman who's successfully keeping her weight down after a 50-pound loss. "We talk to each other on the phone when one of us is tempted to go on a binge. We've analyzed our eating patterns so we know our particular weaknesses, and we really give each other lots of support."

And a widow speaks gratefully of her sister and brother-in-law.

"They give me a lot of encouragement. The first time I said 'no' to a glass of beer, they were really proud of me. Dieting is much easier when you get help," she says.

It is easier. The support of family and friends won't melt the pounds away by themselves—your own dieting must do that. But resisting that second helping of lasagna can be a lot simpler when you have a cheering section ready to embrace your new, thinner self. **End**

DIET NEWS

Weight Watchers International, Inc. recently completed the first of what will be an annual study of the attitudes of Americans toward their physical and emotional well-being in relation to weight.

Some 1,200 people replied to a ten-page questionnaire developed by Dr. Richard Stuart. The respondents were chosen at random and, like those in the Harris or Roper polls, represented a statistical cross section of the American population.

Among the themes studied were: family interactions as a predictor of weight; how gender affects attitudes about weight; information about people's health awareness; preferred methods of weight control; activity levels of fat and lean people. Here are some of the major findings:

• An eldest child's weight tends to be influenced by his or her father's weight, while a mother's weight tends to influence the weight of the younger, or youngest child.

Dr. Stuart thinks the connection between the weight of the father and the first-born reflects increased interaction between the two, while a mother's influence over her youngest child corresponds to their increased mutual involvement.

"This refutes the idea that a mother is wholly responsible for her children's eating habits," says Dr. Stuart. "Daddy can no longer lay all the responsibility at Mommy's door."

• Women are twice as likely as men to be embarrassed about being overweight, and they start diets five times more frequently than do men. Also, while interest in life and feelings of depression did not significantly differ for men in various weight categories, heavy women were significantly more depressed and less interested in life than lean women.

Dr. Stuart points out that this is a reflection of the traditional attitudes about women.

"It seems much more important for women than men to be attractive," he says. "Physical beauty is often seen as a key to a woman's social survival, and so she is more concerned about her looks and weight than a man."

• A wife's weight, more than her husband's, predicts the level of the couple's marital satisfaction. Husbands and wives in marriages where the husband, rather than the wife, is overweight are fairly satisfied with their marriages. However, in marriages where the wife, not the husband, is overweight, both spouses report being less satisfied.

"The husband's dissatisfaction with the marriage is usually not because the wife is overweight," says Dr. Stuart. "The problem is that her obesity makes her depressed and therefore more difficult to live with."

• Women are significantly more aware of the health hazards of being overweight than are men, even though men are more prone than women to the dangers of obesity, particularly heart attacks and strokes.

• Women snack more in the late afternoon, while men have more trouble resisting late night snacks.

Dr. Stuart says snacking is usually due to boredom, a factor that accounts for over 80 percent of overeating; anger, depression and anxiety make up the other 20 percent. For a woman, says Stuart, late afternoon may typically be a time of "minimum stimulation" and, if she's making dinner, a time of "maximum exposure" to food. For a man, he says, that time may typically come at night, when dinner is done and he's sitting in front of the television set.

• When dieting, women find it harder to resist candy, cookies, cakes and breads; men find it harder to avoid starchy foods, such as French fries.

• Lean men and women are more physically active than heavy men and women. And heavy men and women have more doubts about the value of exercise. They tend, for example, to doubt that exercise will help them burn calories. They are also less likely to believe that moderate exercise will help their hearts, or that exercise will help control their appetites.

The Better Back Book

continued from page 42

ready to use, tear off about one inch o the top of the cup so some of the ice i showing, leaving the bottom of the cup s that it can be used to hold. Massage the entire muscle area using circular or up and-down strokes. Do not hold the ice i one spot. There will be a cold sensation when the ice is first applied, the New York specialists said, then an aching, then a burning after about five minutes. A this point, remove the ice for a minute o so, they advise. Then return the ice and massage until the burning stops and there is numbness. This is crucial and the end of the massage. Do not massage more than seven minutes in a small area.

Repeat the procedure two to three times a day, or even every two hours some doctors advise. When pain is gone you can gently exercise the area.

Massage: Give gentle massage with warm rubbing alcohol or witch hazel. Rub toward the heart. If pain eases enough, you can rub more forcefully and knead gently to help loosen stiff muscles.

When to call the doctor

If the backache persists or gets worse instead of better.

If you get backaches with increasing frequency or severity.

If you have other symptoms with the backache, such as fever, urinary problems, genital symptoms.

If pain radiates down an arm or leg.

If pain wakes you up at night.

If you have numbness or tingling in an arm or leg or a feeling of weakness.

If you have more than two seriously painful attacks in a year.

If you were injured at work. (A doctor's statement is required for Workmen's Compensation.)

Exploding Myths About Posture

Faulty posture is one of the most common underlying causes of back pain. It can alter the curve of the back and put severe abnormal stresses on overworked supporting muscles and ligaments. If you have round shoulders, a slumped back or a protruding abdomen, you probably already have back pain . . . or you will.

But you are also looking for trouble if you have an exaggerated, at-attention military stance, with shoulders thrown too far back, chest and derriere sticking out and a deep, swayed curve to the back. That, too, means backache.

There are only five basic things you have to remember about good posture and you should remind yourself of them throughout the day.

All day long in everything you do, try to stand tall.

Keep your head straight, *(continued*

Dieting can lead to stress

Dieting. It's a tricky business. Eat less than ,000 calories a day and you'll probably lose veight. But you may not get all the vitamins and ron you need. Unless you're on a diet ecommended by your doctor – based on your fe-style and the state of your health – dieting nay lead to stress and a nutritional imbalance.

What is stress?

Stress is your body's reaction to any hysical condition that places n unusual demand n it. And it can pset your nutritional balance. When you deprive yourself of essential vitamins, stress can cause your body to turn to its reserve supplies to make up the difference. If prolonged, a vitamin deficiency can develop.



B-complex and C. Vitamins the body doesn't store.

Your body absorbs two kinds of vitamins from the food you eat, fat-soluble and water-soluble. The fat-soluble vitamins are heavily stored in your body as a reserve supply for emergency use. But most of the water-soluble vitamins, B-complex and C, are stored in very small amounts and must be replaced every day. That's why, when a fad diet causes your body to use its reserves, the B and C vitamins can soon be depleted. And that's why supplementation is often advised.

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The Better Back Book

continued

not thrust forward or looking down.

Pull your stomach in.

Pull your derriere in and pelvis up.

And most important of all: *avoid swayback at all times*.

According to Dr. Marilyn Moffat, associate professor of t department of physical therapy at New York University, I more tense you are, the more the head goes forward and I tighter the muscles in the upper and lower back and the ne tend to be. All of this tension affects posture, causing mus soreness and backache. Keep relaxed, but follow the five ba points.

Best exercises to improve posture

Do these three times a day.

1. Stand with your heels and shoulders to the wall a rhythmically push the small of your back toward the wall to to flatten your back and make less space between it and wall. Squeeze your buttocks in, pull your abdomen in and f your back flatten out. Try walking around the room this w Return to the wall and flatten your back again. Do five time

2. Stand with your feet slightly apart and touch the tips your fingers together in front of your chest; your elbows sho be at shoulder height. Keeping your elbows bent, thrust y upper arms back and tighten your shoulder blades (to the co one-two). Straighten your arms and swing your entire arm b at shoulder height, with your thumbs pointing toward ceiling (to the count three-four). Do five times.

3. Make a windmill action with your arms. Standing strai (be sure your head is not thrust forward in this exercise or preceding one), bring one arm forward, then up, then back a down. Keep your shoulders back and make large, free-swing circles. Do 25 times with each arm.

A regular exercise program will also improve posture grea

Other posture improvers to try

Don't slouch in your chair.

Don't sit with one foot up under you.

Make sure bras fit well and offer support.

Don't use heavy shoulder bags routinely; when you do us shoulder bag, alternate from one shoulder to the other.

Wear shoes with good arch supports.

How to Sleep for a Better Back

Use a pillow the right size for you—not so thick that it rai your head and neck and not so thin that your neck slo downward. Have your neck follow your spine in a straight, le line. One woman found taking half the stuffing from her pil got rid of a backache she had had for four years.

Advice from one osteopath: If you have frequent stiff nec sleep without any pillow, or try sleeping with a folded ha towel wrapped around your neck, to keep head even w shoulders.

Don't sleep on your stomach. It increases swayback.

When you can't get to sleep except on your stomach, pu pillow under your abdomen.

The best sleeping position: Lie on your side in the f position with hips and knees bent, arms in front of you, w your body partially curled.

If you want to sleep on your back, put a rolled-up blanket pillow under your knees so your legs are flexed.

The best bed and mattress

What makes a "good" mattress? One that is designed support your body weight evenly and efficiently and to k your spine in correct alignment. It should provide body s port and comfort and should adjust to the body. *(continu*

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—Carol Lawrence—

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The Better Back Book

continued

Although your mattress shouldn't be so soft that your body sags, it shouldn't be *too* firm for your needs either. If you wake in the morning feeling refreshed and without any stiffness or backache, your mattress is probably fine.

Many people find sleeping with a bedboard relieves the need for a firmer mattress. No bedboard? Take the mattress off the bed and put it on the floor.

If two people sleep in your bed, get one wider than a double bed. The extra inches of the king or queen can make a big difference in comfort and allow for the normal motion of turning and moving during the night that helps keep muscles from becoming cramped.

Some people claim that waterbeds make their backs feel better than do conventional mattresses. To find out, test one. Rent one, sleep on one at a friend's or get a hotel room with a waterbed.

You should also consider the new beds made of gel filling instead of water, as well as those filled with air, to see how they affect your back.

The ABC's of Sitting in a Chair

Too much curve in the back is the cause of most back pain, so the major aim in choosing a chair is to find one that helps keep the back flat or slightly rounded. Unfortunately, most furnit tends to *exaggerate* the curve.

Dr. Moffat believes that there are kinds of chairs that support the back reduce the lordotic curve. One of thes the classic rocker with a relatively stra back, the other is the Breuer tub steel-and-cane chair with arm rest.

Several doctors recommend recli chairs. Sitting in a good recliner, they is like being on your back with y knees propped up.

Office chairs

How can you make sure you are sit in a decent desk chair as a preven measure against backache? First, m sure the chair is shaped to give suppo the small of your back, say designers leading manufacturer of office furnitu

"You should be able to pull the c close enough to the desk so that you lean back while you're writing to get crucial support at the base of your spi they advised. "If long chair arms pre your getting in close, you'll hunch ward, bending from the shoulders." typing, it is best to use a chair with arms and a small, firm back."

Advice on sitting

- Keep the small of your back aga the back of the seat.
- Find furniture scaled to your siz
- To put less strain on your back, pecially if a chair is too high, cross knees, or put one or both feet up low stool. A good trick when sitting desk is to slide out the bottom dra and rest one or both feet on it.
- Keep things on your desk clos you do not have to reach far forward.
- Use a rocking chair occasionall helps relax back muscles.
- Stand up and move around quently. Even move as you are sittin
- Sit on the floor sometimes. J nese, who sat on tatami mats on the f almost never had back problems.
- The kind of chair you sit in not affects the upper and lower back but can cause pain in the tailbone at the t the spine. Doctors interviewed said see much of this in their patie "Slumping is what causes the worst t ble," says Dr. Henry L. Feffer, of Ge Washington University. "When you down, you put your weight on the co (tailbone), and it gets tender."

Two relaxing positions when your ba tired from sitting

1. Lean forward in your chair lower your head to your knees for tw three minutes. This tends to counter curve in the back.

2. Lie on your back, flat on the f and put your feet and legs up on a c For maximum relief, stay in this pos for about fifteen minutes. This positi good for relieving pain or cramps in feet and legs as well.



HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

LANGUAGE

Language most shows a man; speak hat I may see thee; it springs out of the nost retired and inmost part of us.—*Ben onson*.

The common people do not accurately dapt their thoughts to objects; nor, secndly, do they accurately adapt their vords to their thoughts; they do not nean to lie; but, taking no pains to be xact, they give you very false accounts. . great part of their language is proerbial; if anything rocks at all, they say it ocks like a cradle; and in this way they o on.—*Johnson*.

If the way in which men express their noughts is slipshod and mean, it will be ery difficult for their thoughts themelves to escape being the same. If it is igh flown and bombastic, a character for ational simplicity and truthfulness canot long be maintained.—*Alford*.

The Creator has gifted the whole universe with language, but few are the earts that can interpret it. Happy those whom it is no foreign tongue, acquired nperfectly with care and pain, but ther a native language, learned unconiously from the lips of the great other.—*Bulver*.

One great use of words is to hide our oughts.—*Voltaire*.

A man who is ignorant of foreign lanuages is ignorant of his own.—*Goethe*.

Poetry cannot be translated; and, erefore, it is the poets that preserve the nguages; for we would not be at the ouble to learn a language if we could ve all that is written in it just as well in translation. But as the beauties of poy cannot be preserved in any language cept that in which it was originally itten, we learn the language.—*Johnn*.

Language is like amber in its efficacy to culate the electric spirit of truth, it is o like amber in embalming and preving the relics of ancient wisdom, alough one is not seldom puzzled to deciher its contents. Sometimes it locks up ths which were once well known, but ich, in the course of ages, have passed of sight and been forgotten. In other es it holds the germs of truths, of ich, though they were never plainly cerned, the genius of its framers ght a glimpse in a happy moment of ination.—*Sala*.

o acquire a few tongues is the task of a years; to be eloquent in one is the or of a life.

A countryman is as warm in fustian as a king in velvet, and a truth is as comfortable in homely language as in fine speech. As to the way of dishing up the meat, hungry men leave that to the cook, only let the meat be sweet and substantial.—*Spurgeon*.

The language denotes the man: a coarse or refined character finds its expression naturally in a coarse or refined phraseology.—*Bovee*.

In the commerce of speech, use only coin of gold and silver.—*Joubert*.

Language is properly the servant of thought, but not infrequently becomes its master. The conceptions of a feeble writer are greatly modified by his style; a man of vigorous powers makes his style bend to his conceptions—a fact compatible enough with the acknowledgment of Dryden, that a rhyme had often helped him to an idea.—*Clulow*.

Thinking cannot be clear till it has had expression. We must write, or speak, or act our thoughts, or they will remain in a half torpid form. Our feelings must have expression, or they will be as clouds, which, till they descend in rain, will never bring up fruit or flower. So it is with all the inward feelings; expression gives them development. Thought is the blossom; language the opening bud; action the fruit behind it.—*H. W. Beecher*.

In the intercourse of the world, people should not take words as so much genuine coin of standard metal, but merely as counters that people play with.—*Jerrold*.

Language is a solemn thing: It grows out of life—out of its agonies and ecstasies, its wants and its weariness. Every language is a temple in which the soul of those who speak it is enshrined.—*O. W. Holmes*.

There is no tracing the connection of ancient nations but by language; therefore I am always sorry when any language is lost, for languages are the pedigree of nations.—*Johnson*.

There was speech in their dumbness; language in their very gesture.—*Shakespeare*.

Language is only the instrument of science, and words are but the signs of ideas.—*Johnson*.

Language was given us that we might say pleasant things to each other.—*Bovee*.

Languages, like our bodies, are in a perpetual flux and stand in need of recruits to supply those words which are continually falling into disuse.—*Felton*.

Words are the leaves of the tree of language, of which, if some fall away, a new succession takes their place.—*French*. **End**

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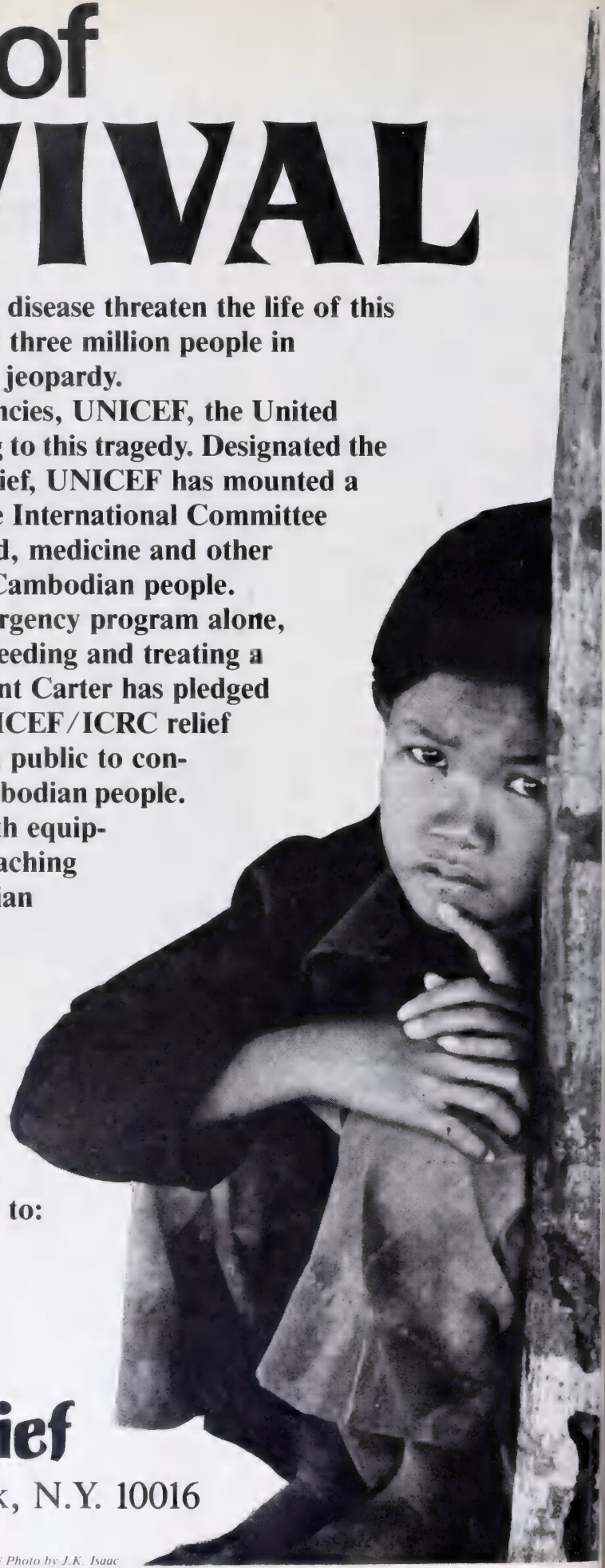
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As it has in so many past emergencies, UNICEF, the United Nations Children's Fund, is responding to this tragedy. Designated the UN "lead agency" for Cambodian relief, UNICEF has mounted a massive relief program jointly with the International Committee of the Red Cross (ICRC) to bring food, medicine and other urgently needed relief supplies to the Cambodian people.

In the first six months of the emergency program alone, $110 million is needed—just to begin feeding and treating a sick and suffering population. President Carter has pledged U.S. Government support for the UNICEF/ICRC relief operation and has urged the American public to contribute generously to help save the Cambodian people.

Right now, food, medicines, health equipment, and other relief materials are reaching the people of Cambodia and Cambodian refugees in Thailand. A team of UNICEF and Red Cross officials is coordinating the distribution of supplies through air, sea, river, and land transport.

Life today for three million Cambodian men, women—and especially children—is a matter of survival. Please help by giving generously to:



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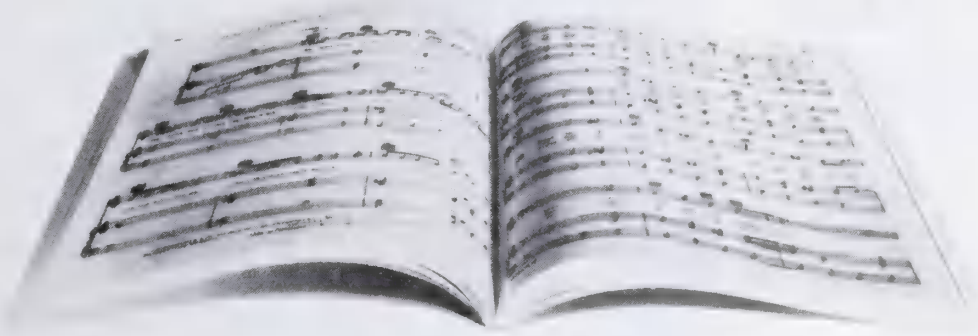
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"Oh, no!" Every one of my sports trophies had melted in the heat.

I watched our savings go up in flames.

The smoke wisped its way under the door and into the kitchen, curling itself into a plume around the sleeping cat. She woke abruptly and fled. A few minutes later, I suddenly realized what was happening.

"It's a fire," I yelled. "We've got a fire."

Fortunately, it was a small blaze and the damage was confined to one end of my den. After the firemen put out the flames, Helen and I picked our way through the rubble. The wood still steamed and hissed from the water.

I stopped, stunned. "Oh, no!" Every one of my sports trophies had warped and melted in the heat.

As I stood there, suffering incredible anguish, Helen plucked at my sleeve.

"Harry . . . what about the Savings Bonds? Weren't all the Bonds in your desk drawer?"

"Helen, how can you be so insensitive? The Savings Bonds we can replace. Look at my trophies!"

Which was true, of course. Even though our savings went up in flames, we didn't lose a cent. Bonds are guaranteed, even if they're destroyed.

I know Helen was really relieved about the Bonds. But I don't think she cared a hoot about my trophies. When I finally gave up and consigned the lumps of metal to the trash can, I could swear I saw her smiling.

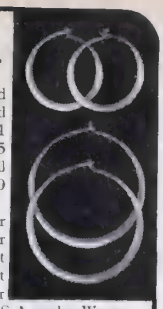
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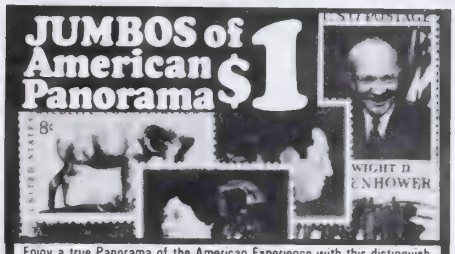
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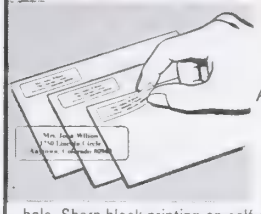


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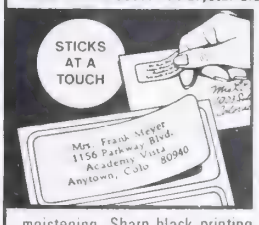
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Disclosing dye shows plaque remaining after leading tablet

Disclosing dye shows dentures 5½ times cleaner after Mersene.

The Value of a Dollar

continued from page 46

parents feel that this is a bad policy.

"Our children have regular jobs around the house," one mother says. "They make their beds, take out the trash and set the table for dinner. Their allowances aren't contingent upon doing these things. We don't want them to grow up expecting to be paid for what they're supposed to do as members of a family unit. After all, I don't ask to be paid for cooking their meals and doing the housework. We give them spending money because we choose to give it, not because we owe it."

My friend Carol says that she and her husband operate the family finances in much the same manner, except that they will pay their children a bonus for big jobs that don't fall within the realm of daily duties.

"When Robbie wants extra money, he'll find something major to do," she says, "like varnishing the kitchen cabinets or digging a flower bed or trimming dead branches off the trees. We pay him what we would pay a professional. Of course, we expect the work to be done well. He can't do a halfway job and then charge professional wages."

Gail Feldman agrees strongly that the basic allowance should be given with as few strings attached as possible.

"Children—whether they ought to or not—equate money with love," she says. "When parents dole out an allowance grudgingly, or use it as a weapon, it can be very upsetting. It's like saying, 'I will love you only if you earn that love.' I see many people in therapy who, as adults, are reacting to just such childhood feelings. They still search for the parental love they think can't be obtained."

Control over spending

Although allowances shouldn't be a tool to manipulate children, many parents feel, with good reason, that they should have some control over the way the money is spent.

One mother tells, for example, how she and her husband cut off their 16-year-old son's allowance completely when they learned he was smoking marijuana.

"We were giving Jay ten dollars a week," she says. "That was supposed to cover recreation, records, snacks and things of that sort. It was *not* meant to finance his use of drugs. There's no way we can keep Jay from smoking pot when he's out of our sight, but we certainly don't have to pay for it."

Jay is now working after school in an ice cream parlor.

"The money he earns there belongs to him," his mother says. "We can't tell him how to spend it. Since we've cut off the home source, though, his salary has to cover a lot of incidentals he took for granted before. By the time he gets through paying for school lunches, football tickets and all the rest of the things he's used to having on a regular basis, there can't be all that much left to send 'up in smoke.'"

Another friend, Dorothy, faced a similar problem when her 19-year-old daughter Pat announced that she was moving out of her college dorm to share an apartment with her boyfriend. Dorothy, a self-supporting divorced woman, had been making major sacrifices to send Pat to the out-of-state college of her choice.

"That first year I covered everything," Dorothy says, "and I sent Pat spending money. My feeling was that she was in school to get an education, and I wanted her to use her free time for studying. When Pat wrote that she was moving in with Jeff, I didn't know what to do. I didn't want her to drop out of college. At the same time, I couldn't in good conscience support a lifestyle I so definitely don't believe in. Pat wanted me to send what I would have spent on her dorm room and meal ticket. I told her no; I would continue to pay for her tuition and books, but the rest was up to Jeff and her. If they were adult enough to take on a live-in sexual relationship, they had to accept the financial responsibility that went with it."

She pauses, sighs, and adds a bit wryly, "They've done just that. They're both working part-time, and they seem to be doing fine. Pat's grades have even gone

p a little. I guess there comes a time hen your kids need a chance to learn hat it's like to take care of themselves."

Dr. Rosenblum feels that these parents andled extremely touchy situations with isdom.

"Children should learn early that al-wances are not an automatic right," he ys. "They should understand that they n be revoked or reduced for undesira-le behavior. On the other hand, they ould also learn that a bonus can be rned for an especially good perfor-ance or a special need. This is *not* ribery! The distinction is that a bribe is fered *before* a task is completed while a onetary reward is offered *after* success-l completion of a task."

What should allowances cover?

What, exactly, should allowances be ex-ected to cover?

The answer, parents say, should be de-rmined by the age of the child, his ecific needs and his maturity level.

"By the time he was ten, our oldest n could handle money like an adult," e mother says. "We'd give him one mp sum at the beginning of each onth, and he'd budget it to cover all his penses with enough left over to build a savings fund. Our younger son was nother story. No matter how much we ve him, it would be gone by the end of e week, and there he'd be, needing otebook paper, a lunch ticket and club es. We ended up doling money out to m in dribbles to cover each particular pense as it came up. He's now in his ens, and he hasn't improved a whit. e's a charmer, and I love him to pieces, it when he gets around to marrying, I rtainly hope he gets a wife with a will iron and both hands firmly on the rse strings."

My husband and I have had the same perience with our children. We started ir older daughters on clothing al-wances when they turned 15. After the itiation period, one began to think ead and plan her purchases with an eye future needs, setting aside money dur-g summer months toward the purchase a ski jacket in November.

The other daughter had problems with e concept. She immediately acquired a rdrobe of black satin evening gowns d high-heeled sandals. When stormy inds blew, she "borrowed" my snow ots and her sister's new jacket, plead-g, "You don't want me to freeze, do u, Mother?" I didn't, of course, and ither did her father. We bought her the cessary items to ward off pneumonia, t we also retracted the clothing al-wance. When we offered her another ance, a year later, she was able to anage her money more wisely.

"The important thing is to start early ving children small sums of money to anage," says Gail Feldman. "You need take things step by step. *(continued)*



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The Value of a Dollar

continued

I know parents who, when their child reached his teens, suddenly handed him a large sum of money and told him, 'This is to cover all your expenses for the coming year.' He went out and blew it immediately and they, of course, were furious. They couldn't understand how he could be so 'irresponsible.' It never occurred to them that responsible money management is something that is learned slowly through trial and error."

Our own youngest children, ages 11 and eight, receive a dollar a week allowance, which they spend promptly. It has been interesting to Don and me that the money they save, as though it has more value, is that which they earn around the neighborhood. Donnie recently earned a dollar raking leaves for an elderly man down the block. The bill is on display under glass on his bureau.

"That will only be spent for something very special," he tells us.

"The money a child earns on his own is always the money he will value most," says Dr. Rosenblum. "As soon as he is able, he should be strongly encouraged to work outside the home. Even though the dollars earned may be few, the experience of earning through work can build a solid sense of responsibility for the child's future years."

One problem my husband and I have had to resolve is that, because we both work, we are able to give our children things that we feel it would be better for them to earn for themselves. Even now that our older daughters are grown and out of the nest, the temptation is there to try to make their lives more comfortable by providing them with luxuries that they can—and should—acquire on their own. The fact that our children, unlike Marge's, know that we can afford to do this for them makes our position more difficult. But we're determined that they learn to be resourceful, responsible and self-reliant.

"In such a situation it's necessary for parents to be honest with their children," Dr. Rosenblum says. "Youngsters must understand the reasoning behind decisions. My own is a double-income family. Our children know that it isn't financially necessary for them to hold jobs; we are well able to support them. But they also know the value that their mother and I place on hard work and pride in one's own accomplishments.

"Money management, like any other skill, has to be learned. The best way this can be accomplished is through modeling. Parents, for example, can explain what they do about budgeting money. From early childhood on, my own children have known exactly the amount of their mother's and my earnings and have participated in discussions about how the family income should be spent. This type of participation helps a child develop his own values about money and builds a foundation for sound financial judgment in the future."

Last night our son, Brett, announced that he wants to go to college.

"That is," he said, "if you'd still be willing to send me."

What caused him to change his mind?

"It's paying that twenty-five dollars a week," he told us reluctantly. "It doesn't sound like much, but it sure does pile up on you. By the time I take care of that and my car insurance, I can hardly afford to go to the movies. If I'm ever going to make a life for myself outside this home I need some education. Money doesn't go far when you're self-supporting."

And so we parents muddle through trying to raise children in today's society. Are we doing the job right? We can only hope so.

It's a whole different world from the one that we adults grew up in. Financial skills are survival skills, and we owe it to our children to provide them. **End**

Journal Shopping Center

FASHION: BLOUSES THAT BLOOM IN THE SPRING

PAGE 102: Top row: LIZ CLAIBORNE blouse, $52. Available at Bloomingdale's, New York; Pogue's, Cincinnati; Balliet's, Oklahoma City; Bonwit Teller all stores.
ACCESSORIES: Earrings and rings by KJL; bangles by CATHERINE STEIN & MEDUSA HEIRLOOM; OMEGA belt; SUITIME skirt.
Middle row, left: CHRISTIAN DIOR, $56, at Neiman Marcus all stores.
ACCESSORIES: KJL jewelry; ELEGANT belt; skirt by SUITIME.
Center: GEOFFREY BEENE for CHESA, $38, at Saks Fifth Ave., New York. For more information contact: Geoffrey Beene for Chesa, 1411 Broadway, N.Y., N.Y. 10018.
ACCESSORIES: KJL earrings and bracelet; belt by JEANNIE BOUCHEVER.
Right: FENN-WRIGHT and MANSON, $70, at Ann Taylor all stores.
ACCESSORIES: KJL earrings; CATHERINE STEIN bracelet; JEANNIE BOUCHEVER belt, LIZ CLAIBORNE skirt.
Bottom row, left: SHIP N' SHORE, $21. For information contact: Yvonne Burbage, c/o Ship n' Shore, 1411 Broadway, N.Y., N.Y. 10018.
ACCESSORIES: KJL earrings; EVA GRAHAM bracelet; ELEGANT belt; SUITIME skirt.
Right: C.I.E., $28, at Macy's, New York; Jacobson's, Mich. and Toledo, Ohio; Z.C.M.I., Salt Lake City; M.M. Cohn, Memphis and Little Rock, Ark.; Joske's, Dallas and Phoenix.
ACCESSORIES: KJL earrings; CATHERINE STEIN bracelet; McCALL'S skirt.

PAGE 103: Top row, left: IRKA, $53, at Lonia, New York City; La Strega, Washington, D.C.; Montaldo's, all stores; Forsythe's Ladies Apparel, Little Rock, Ark.; Geo-Je's, Baton Rouge; Battlestein's, Houston; Alroe, Chicago, Tex. and Cal.
ACCESSORIES: KJL earrings, EVA GRAHAM bracelets; OMEGA belt; SUITIME skirt.
Right: LIZ CLAIBORNE, $35, at Saks Fifth Ave. all stores.
ACCESSORIES: KJL jewelry; MEYROWITZ eyeglasses; OMEGA belt; skirt, McCALL'S Pattern.
Middle row, left: SIDONIE S, $60, at Arthurs Dress Shop, New York City; Di Fronte, Birmingham, Mich.; Jone Marie, Memphis.
ACCESSORIES: CATHERINE STEIN bracelets and earrings; MEDUSA HEIRLOOM Scottie pin; belt by ELEGANT, SUITIME skirt.
Right: MALBE, $48, at Shirley's Dress Shop, Springfield, N.J.; John Wanamaker, Philadelphia; Mary Frances Boutique, Johnstown, Penn.; Lynnelle, Bradenton, Fla.; Post Script, Hockessin, New Orleans.
ACCESSORIES: KJL earrings and ring; EVA GRAHAM bracelet; JEANNIE BOUCHEVER belt; SUITIME skirt.
Bottom row, left: THE SILK FARM, $78. For information contact: Larry Croen, c/o The Silk Farm, 525 Seventh Ave., New York, N.Y. 10018.
ACCESSORIES: KJL earrings; EVA GRAHAM bracelets; OMEGA belt; SUITIME skirt.
Center: CHESA-GIVENCHY, $48, at Bloomingdale's, New York; Bullocks Wilshire, L.A.
ACCESSORIES: KJL earrings; CATHERINE STEIN bracelets; belt by ELEGANT; skirt, McCALL'S Pattern.
Right: CHARLOTTE FORD, $98, at John Wanamaker, Philadelphia. For more information contact: Trish Robinson, Charlotte Ford, The Blouse Company, 530 Seventh Ave., N.Y., N.Y. 10018.
ACCESSORIES: KJL earrings; CATHERINE STEIN bracelets; OMEGA belt; LIZ CLAIBORNE skirt.

PAGE 104: Top row, left: REGINA PORTER, $40, at Bloomingdale's, New York; Sakowitz, Houston.
ACCESSORIES: GOLD DUST earrings; McCALL'S Pattern skirt.
Right: ALICE STUART, $26, at Pomeroy's, Philadelphia, N.J. and Delaware; Bullock's, Los Angeles; Nordstrom's, Seattle.
ACCESSORIES: 1928 JEWELRY COMPANY ring; LIZ CLAIBORNE skirt.
Middle row, left: THE SILK FARM, $90. For information contact: Larry Croen, c/o The Silk Farm, 525 Seventh Ave., New York, N.Y. 10018.
ACCESSORIES: GOLD DUST earrings; SUITIME skirt.
Center: CHINOISE, $120, at Nat Allen, Hollywood, Fla.; Briar Ltd., Denver; Kata, San Francisco.
ACCESSORIES: GOLD DUST earrings, rings, 1928 JEWELRY COMPANY, skirt by SUITIME.
Right: REGINA PORTER, $48, at Bloomingdale's, New York; Bamberger's, New Jersey; Marshall Field & Co., Chicago; Sakowitz, Houston.
ACCESSORIES: Jewelry, 1928 JEWELRY COMPANY; SUITIME skirt.
Bottom row, left: LIZ CLAIBORNE, $45, at Macy's, New York; Bambergers, New Jersey; I. Magnin, all stores.
ACCESSORIES: KJL earrings; cameo pin by 1928 JEWELRY COMPANY; OMEGA belt; LIZ CLAIBORNE skirt.
Right: ADELAAR BROS., $48, at Saks Fifth Ave. New York; Neiman Marcus, all stores.
ACCESSORIES: GOLD DUST earrings; 1928 JEWELRY COMPANY rings; OMEGA belt; McCALL'S Pattern skirt.
All prices approximate.

PAGE 105: Top row, left: McCALL'S #6823, requires 2 yds. of fabric, 1 yd. lace trim (shown, lace and floral trim by HIRSCHBERG & SCHUTZ).
ACCESSORIES: MEDUSA HEIRLOOM combs; OMEGA belt; ARIS gloves; NANCY COLLINS for MARGOLIN bag.
Center: McCALL'S #6871, $2\frac{1}{4}$ yds. fabric, $1\frac{1}{2}$ yds. trim (HIRSCHBERG & SCHUTZ).
ACCESSORIES: GOLD DUST earrings, 1928 JEWELRY COMPANY rings.
Right: BUTTERICK #6957, $2\frac{1}{4}$ yds. of fabric.
ACCESSORIES: KJL jewelry.
Middle row, left: VOGUE #7547, $2\frac{1}{4}$ yds. fabric.
ACCESSORIES: KJL jewelry, JEANNIE BOUCHEVER belt; NANCY COLLINS for MARGOLIN bag.
Right: VOGUE #7529, $2\frac{7}{8}$ yds. fabric.
ACCESSORIES: KJL earrings; ELEGANT belt.
Bottom row, left: SIMPLICITY #9256, requires $1\frac{3}{4}$ yds. fabric.
ACCESSORIES: KJL jewelry.
Right: SIMPLICITY #9266, 2 yds. fabric.
All yardage approximate, based on 45" fabric, for misses' size 10.



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1 tsp. salt
1 tsp. paprika
1 frying chicken (2½ to 3 lbs.), cut up
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3 tbsp. Crisco Oil
1 chicken bouillon cube
¼ cup sliced green onion
2 tbsp. brown sugar
1½ tsp. grated lemon peel

bag, combine flour, salt, and paprika. ush chicken with lemon juice. Add 2 eces of chicken at a time to bag and ake well. In large skillet, brown chicken hot Crisco Oil (325°). Dissolve bouil- n cube in ¾ cup boiling water; pour er chicken. Stir in onion, brown sugar, el, and any remaining lemon juice. ver; reduce heat. Cook chicken over w heat until tender, 40 to 45 minutes. servings.



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STIR-FRIED VEGETABLES

3 firm ripe tomatoes
¼ lb. mushrooms
8 oz. can (drained) or ½ lb. water chestnuts
9 oz. pkg. frozen (thawed) or ½ lb. green beans
3 tbsp. Crisco Oil
1 tbsp. soy sauce
¾ tsp. salt
2 cups broccoli florets
2 scallions cut to 2 inch pieces

Cut tomatoes into small wedges. Slice mushrooms and water chestnuts. Snip ends off fresh beans. Place skillet or wok over high heat. When hot, add Crisco Oil. When oil is hot, stir in soy sauce and salt. Stir-fry broccoli and beans about two minutes. Add mushrooms, water chestnuts, and tomatoes and stir-fry another 2 minutes. Add scallions and stir until heated. Serve immediately. 4 servings.



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*CARLTON FILTER SOFT PACK: 1 mg. "tar" NOW FILTER, MENTHOL: 2 mg. "tar", .2 mg. nicotine av. per cigarette by FTC method.

Time to redecorate

continued from page 107

To change a wood finish

Do legs and undersides first, then keep turning so you always work on a horizontal surface. Always sand, apply stain or wax, and polish with the grain of the wood.

Strip: For a blond, natural finish, any piece that is not already raw wood must be stripped. Remove old stain or paint with products sold for the purpose or send non-veneer pieces to be dipped.

Sand: A must, even for new, unpainted furniture. Use a medium to coarse grain paper for first sanding; finish with fine. Sand off sharp edges that do not hold finish well.

Stain: Easy-to-apply stains contain pigment, wipe on, wipe off. Check label; if directions say stir, stain contains pigment. Color of stain when dry depends on type of wood; try it first on underside. Complete one section before doing the next. When dry, apply a second coat, then wax or apply a clear finish.

Paint: Apply a pigmented sealer to raw wood, tinting it to the color of the paint, or use a primer recommended on the paint can label. When dry, sand primed piece lightly. Vacuum up dust and wipe piece clean with tack cloth. Apply enamel with a brush, flowing it on smoothly. When dry, wax. For a lacquer effect, sand lightly again, clean and apply a clear, glossy urethane.

Pickle: Remove finish and sand piece smooth. Vacuum up dust and wipe piece clean with tack cloth. Thin latex paint to the consistency of cream (thin 25% to 50%). Apply with a cellulose sponge that has been run under water and squeezed dry. Rub paint well into the wood, completing each section before doing the next. Rinse and re-wet sponge as necessary. Finish should be pale and thin enough to allow wood grain to show through. When dry, coat with satin-finish clear urethane mixed with white urethane (½–1 pt. to a gal.) to prevent yellowing.

Apply Veneers: Plan layout and glue down veneers with white glue. Finish off with varnish or shellac.

Stencil: Trace a stencil motif, transfer to stencil paper or oak tag. Cut out with razor blade or X-acto knife. Position stencil and apply paint through openings with a stencil brush. We used acrylic paints mixed with matte medium to reduce shine. Lift stencil straight up so you don't smudge wet paint. Wipe back of stencil clean before positioning to apply next section of border.

To change a chair cushion

Make a paper pattern of the chair seat. When cutting fabric, add 1" around all sides, except around back posts where only seam allowance is needed. (For a thick pad, construct cover with 1" or 2" boxing; overstuffing a knife-edge pad causes its edges to lift showing seat.) Pin sections together with welting between and with tie tapes caught in, then stitch leaving an opening at back to insert poly-Dacron padding. Hand stitch opening closed. Pin-fit cover to chair back. Sew, with welting between. Bind lower edges and around arms

To change a sofa

Country: Pad butcherblock or any slim sides with 1"-thick foam rubber. Fit foam over outside and inside of slab arms, cutting to accommodate back cushions and ending at top of seat cushions on inside. Tie on foam with lengths of tape, pushed through between slab arm and sofa back to encircle arm. Place one tape just above cushion level, the other just above platform base. Tie firmly at outside of arm. (If working with fully upholstered sofa, use heavy carpet thread and a long needle to pull thread through corners where sides meet back.) Inch foam padding on outside arms up to form a pocket at the top. Stuff pockets with 5½"-6" dia. rolls of quilt batting to make more rounded arm shapes. Remove cushions from sofa. Slipstitch seat cushions together. Wrap their tops and fronts with a layer of quilt batting. Construct a single covering as a fitted sheet to cover over all three cushions; use elastic at edges for a tight fit.

Cut lengths of quilt batting the width of back cushions. Wrap cushions from top to bottom with batting. Do not pad sides. Make loosely fitting slipcovers with knife edges, open flap backs.

To slipcover, pin-fit fabric on sofa in usual way, except on arms. For arms, cut fabric to extend 20" beyond arm at front and back. Stitch separate skirt flounces to front, back and each side, extending them 6" beyond on each end. Make 2½" wide doubled bands of fabric to cover line of stitching at top of flounces, extending bands 20" beyond flounces at each end. Fit cover to sofa, using a rubber spatula to push fabric into crevices at back and sides of seat platform. Smooth panels over arms, pulling them in under the roll. Pleat in the overhanging fabric at corners, holding it close to arm. Pull 6" loose flounce around from sides, overlap with loose flounce from front (or back); stitch or pin to sofa cover. Tie loose ends of bands in bow or square knot over bunched corner flounces.

Traditional: Pad butcherblock or any too slim sides and tie exactly as for Country Look, but do not inch padding up and stuff to create rounded arm shape. Fit, cut and make slipcover in usual way. Use of chintz, tailored skirt, adding arm bolsters to match creates the traditional look. Work with border print or floral stripe to create flat, bordered skirt; center configurations of print on back and seat cushions.

Modern: Use any flat or textured solid fabric and reupholster or make sleek, tight-fitting slipcovers. **End**

Decorating Shopping Center

PAGES 106–107: COFFEE TABLE, =651 drop leaf, 43" dia. x 18" h., by Habersham Plantation, Box 1209, Toccoa, GA 30577.
Modern: Table given a pickled-type finish—see How-to left. Glass ball vase, 14" dia., by Paul Hanson, Inc., 41 Madison Ave., NYC 10010.
Traditional: Table in Habersham Plantation nutmeg finish with applied inlays (=142 in center, =B65 border on legs) from Albert Constantine & Sons, Inc., 2050 East Chester Rd., Bronx, NY 10461. Oriental fine lacquer stand, antique Chinese lacquer box and pair of brass candlesticks, from John Roselli, 255 East 72nd St., NYC 10021. Arrangement of silk flowers from Diane Love, Inc., 861 Madison Ave., NYC 10021.
Country: Table in Habersham Plantation honey finish with stenciled border design. Antique accessories from Kelter Malce, 361 Bleecker St., NYC 10003.

CHAIR. Queen Anne style. Sidechairs of this type can be found in shops and departments where unfinished furniture is sold.
Modern: Chair finished in taupe enamel with seat cover of "Palindrome" =686155, 54" wide glazed chintz by Waverly Fabrics, 58 West 40th St., NYC 10018.
Traditional: Chair finished in dark stain with seat cover of "Katrine" =2605, 50" wide brocade by Schumacher*, 939 Third Ave., NYC 10022.
Country: Chair with back slipcover and seat pad of "Wyoming" =37844, 54" wide tapestry weave, by Schumacher*, 939 Third Ave., NYC 10022.

SOFA, a 76" three-seater with butcherblock slab sides, K-D, from The Workbench, 470 Park Ave., NYC 10016
Modern: Shown with original beige tweed upholstery. Toss pillows are covered in "Plantation Duck" =85071 Clay, 54" wide cotton by Schumacher*, 939 Third Ave., NYC 10022.
Traditional: Slipcover of "Canton" 6106 chintz; toss pillows covered in "Argyle" 14, "Normandy" 8 and "Bella" 5, all 54" wide fabrics by P. Kaufmann, 261 Fifth Ave., NYC 10016. Needlework pillows from Woolworks, Inc., 838 Madison Ave., NYC 10021.
Country: Slipcover of "Bishop" check =35618 with ruffled skirt of "Knight" check =35608; pillows of "Castle" check =35596, with flounce of "Knight" check, all 54" wide fabrics from Stroheim & Romann,* 155 East 56th St., NYC 10022. Antique quilt from Kelter Malce, 361 Bleecker St., NYC 10003.
*Through design studios of department stores and decorators.

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DUSTIN HOFFMAN

continued from page 82

marriage. Hoffman is currently living in a hotel while an apartment on the other side of town is being readied.)

"Joint custody? It doesn't sound like something I would want to experience if I were a child," he says, grimacing. "I wouldn't want to experience it as an adult and I don't believe children are much different from adults. As an adult, I don't think I would like to spend three days out of the week at one apartment, and the other four at another."

Finding the subject difficult, Dustin breaks off. "Do you want children?" he asks without waiting for an answer. "*I'd* like to have as many children as possible. I'm crazy about kids. My own and other people's. I first met Karina when she was three months old. With Jennifer, Anne and I went through natural childbirth exercises together. I was there for her birth and it was the most exciting thing I had ever experienced in my life. I wanted it to happen again the following weekend. It was the best show in town."

"But as far as raising children, I'm not the one to ask—I've not really done a very good job, because I had a rough time, as we both did, in our marriage. Generally speaking, I don't think it's possible to give a child too much love. I try not to spoil mine, because I'm aware that there is a tendency to overcompensate when you're separated and don't see your children very often."

A private man

Talking to Dustin during lunch—a gourmet pasta that he orders in a cheery Italian—not a single person stares or seeks autographs. Despite his lack of inhibition, puckish humor and outrageous urge to shock, Dustin is an intensely private man. There is nothing in his manner that says, "I'm a movie star. Look at me." In fact, after a few minutes' conversation, one begins to feel that one has been invited to meet an interesting friend-of-a-friend from out of town instead of one of the most acclaimed actors of our time.

Still, like a kid constantly testing one's patience to see how far he can go, there are occasional outbursts of superstar temperament. Retreating after lunch to the quiet of his hotel room, Dustin promptly removes his shoes and jacket and, lying down on a small, pink-flowered couch, motions me to sit down beside him.

"Read to me," he says, offering me a book. "The sound of your voice is very soothing." I look at him dubiously. "All right," he concedes, "I'll read a chapter to you." We finally settle on Dustin *lending* me the book. Then, removing his shirt and drawing his legs into a fetal position, he says, sleepily, "I'm going to take a nap." I don't believe it. "Just 10 minutes," he pleads. "Then you can wake me up." And with a skill any insomniac would admire, Dustin is instantly asleep! As he naps, I survey the room. A jump rope is draped over an armchair. A bedside table is piled with books and vitamin pills. A small desk sags under its burden of fresh flowers, papers and manuscripts.

One of the first things one learns about Dustin is that he is a voracious reader. In his hierarchy of values, the printed word is the Holy Grail and he is a latter-day crusader, constantly searching for the ultimate manuscript. Despite his success, he has the fervor of a college dropout who feels himself continually at an educational disadvantage. Dustin will never stop trying to "catch up."

The mind probes, searches, challenges, absorbs. "Have you seen the George Segal sculpture exhibit at the Whitney Museum? Did you see the Matisse exhibition at the Guggenheim? *Future Shock*—should I read that?" he will ask anxiously. "Yes, I think I will. Who did you say the author was?"

I give Dustin 15 minutes to nap. Then rousing him with a determined shake, I flick on my tape recorder. "Are you happy?" I ask.

"Define happiness," he spars.

"Why don't you?"

"I would define happiness as feeling good about myself."

"And do you feel good about yourself?"

"On and off, and I keep trying to increase the on.

"My happiness really has to do with accomplishment. If I run or jump rope for twenty minutes in the morning, I feel good. Or if I've read a script, or play, or worked on a book I'm considering for a film, the day is a good day. But if I keep the physical and mental sides of myself active, I'm happy. I have little daily goals I set. I think if your weight and conditioning are kept at a certain level, you not only feel good, but the self-discipline you develop is tied in with what you might call happiness."

After ten years in and out of therapy with a woman analyst, Hoffman is a curious mix of confidence and lingering feelings of inadequacy. "Where did you go to school?" he asks, learning that both of us were born and raised in Los Angeles. "I didn't have the grades to get into UCLA," he says. "I went to junior college—but I never could concentrate, so I ended up dropping out. I was always the black sheep in the family. My brother was the brilliant one. A straight-A student. [Today Hoffman's brother is an economist and an assistant to the Secretary of the Treasury.]

"I hated living in L.A. I never really felt that I belonged there. I was always an outsider. I didn't even have a girlfriend until I was in college and acting. All the time I was growing up, I wanted a girlfriend so bad but I never had one. I was so tremendously anxious and vulnerable. I was so lonely."

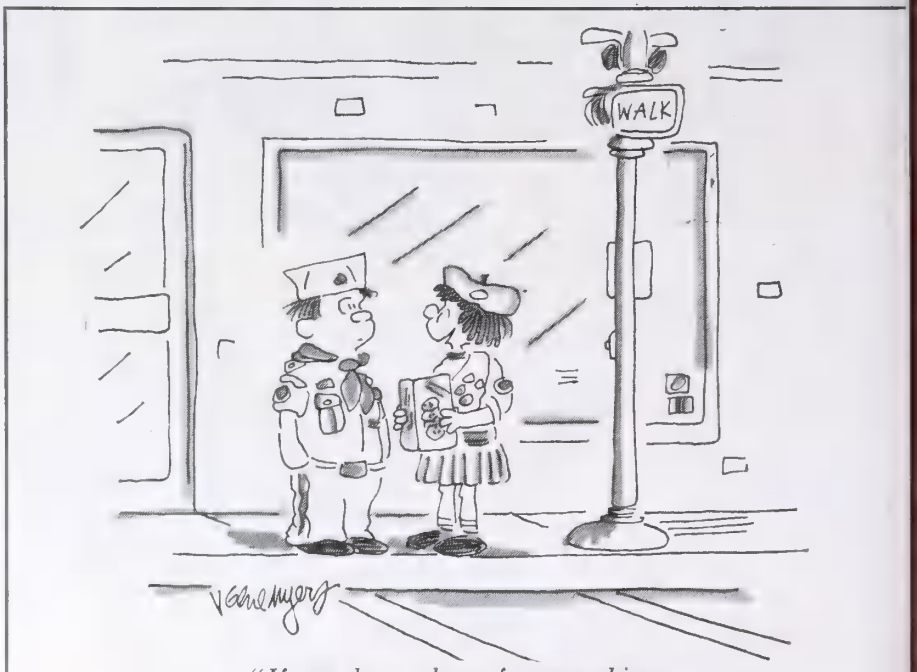
His emotional honesty jolts me. Hoffman vividly recalls being the kid who wore braces on his teeth and had "one of the worst cases of acne in southern California. I hated the way I looked physically. I was so immensely ugly."

"What do you think of your look now?" I ask softly.

He glances at me with a sardonic smile. "Now I'm sure of it."

"But ideas about what looks good are changing."

"I know," he replied. "It *(continued*



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DUSTIN HOFFMAN

continued

gets closer to how I look, so if I hang around long enough I'll start thinking I'm a matinee idol."

Growing up in the gaudy world of Hollywood make-believe, it was no wonder that Hoffman, whose father was a propman at Columbia Studios, eventually drifted into acting. After dropping out of Santa Monica College, where he had unexpectedly excelled in an elective acting course, he abandoned his earlier ambition of being a pianist and enrolled at the prestigious Pasadena Playhouse. From that time forward he never doubted what he wanted to do. "I always knew I would make it as a working actor," he says. "I just didn't think I would be a movie star."

The next logical step was New York. That was back in 1958, when Lee Strasberg's Acting Studio was spawning the most exciting acting talents in this country, disciples like Marlon Brando, George C. Scott, Marilyn Monroe—and Dustin Hoffman. To help make ends meet, he worked as a waiter, typist, dishwasher, department store toy demonstrator and an attendant at a New York psychiatric institute, where he used to help hold down patients for electric shock treatments.

"All my life I had wanted to get inside a prison or mental hospital, like most kids want to go to the zoo," he once said. "I wanted to get inside where behavior—human behavior—was so exposed."

As he sharpened his acting skills in summer stock and bit parts on television, Dustin used those raw experiences as grist for his artistic perceptions—developing techniques of intensity, vulnerability and emotional power. In 1964, a part in an off-Broadway production led to a role in *Journey of the Fifth Horse*, winning Hoffmann an Obie Award as the best off-Broadway actor of 1965-66. Next season, movie director Mike Nichols caught him in an off-Broadway comedy and cast him in *The Graduate*. Ironically, although the film was a gigantic commercial success, winning Hoffman his first Academy Award nomination, after taxes and expenses, he was left with just $4,000.

Two more Academy Award nominations followed for his roles in *Midnight Cowboy* and *Lenny*.



"Where do I complain as usual?"

Admittedly competitive and ambi-
ous, Dustin insists that even during
s harshest years of struggle, money
as never a driving motivation. "I never
rned more than three thousand dollars
year before I was thirty-one years old,"
says. "If my parents hadn't sent me
oney every week, I couldn't have sur-
ved. Money is just a by-product of do-
g what I want to do." Yet the decision
make a commitment to his acting tal-
t rather than his bank balance was
timately a wise one. Today he is a
lti-millionaire, commanding $2 mil-
n per picture, who can afford to live
actly as he pleases.

Most of Hoffman's friends are writers
d directors. "I don't hang out much
th actors." He is attracted to people
o have what he calls "a connection
th themselves.

"It's as if you are focusing a camera,"
explains. "You have to line up the
o images so that the picture is really
rp. I'm attracted to people who are
lly sharp.

"I'm also attracted to a sense of life.
at doesn't mean I'm not attracted to
neone who's in pain. Someone can be
pain but ultimately still be happy
s here. I like people who fight be-
ise life is a fight. I am least attracted
what I'd call a kind of bastardization
Eastern philosophy. You know, these
s who talk about 'just letting it flow.'
not saying it can't exist, but most of
time they don't know what they're
king about.

I'm attracted to someone who is sexy
l beautiful and exciting, but whose
erior is secondary to the inner self.
been most attracted to women who
re working behind counters—sales-
s, waitresses, working girls—rather
n rich women who go shopping
ry day."

Fantasizes about women

With late-bloomer eagerness, Dustin
asizes about being "a great woman-
." Married or unmarried, it's no se-
that he is a romantic who, when the
d strikes, can be an outrageous flirt.
those moods seem to be fleeting.
cally Dustin is a one-woman man.
the long run, he likes to be with a
an he regards as an equal: Someone
challenges him intellectually, feeds
creativity and keeps him on his toes
tionally. His wife Anne fits into this
gory—and so does his current girl-
d, a UCLA law student. Just as he
to enjoy watching Anne work out at
barre in dance class, now he enjoys
g in on three-hour, law-school lec-
classes.

the deepest sense, Hoffman is the
al non-accredited student, whose
turns on a disciplined regimen of
cise, work and study. There is no
n his schedule, no time allotted to
r frivolity. Even his friendships are geared to growth. Rarely have I met a man who is as focused or directed.

On a typical non-filming day, Dustin gets up at 5:30 or 6 A.M. and goes through what he calls his "ritual." "I prepare a non-caffeinated, barley-based drink called Pero," he explains, "which I have with a little steamed milk. Then I read the papers. If I wake up earlier, I'll read a novel or a screenplay for an hour. I try to read a play a day. Then I jump rope for about thirty minutes. And then I'm ready to go. I work right through until early evening, seeing at least one movie a day to study techniques.

"In the evening, I'll occasionally go out dancing because I'm a very bad dancer and I have a life ambition not to die a bad dancer. I don't enjoy parties or spending evenings with large groups of people. And I'm usually in bed by midnight. Five and a half or six hours sleep is plenty for me. During the day, if I can, I get maybe ten or fifteen minutes for a nap."

During the several hours we spend together, Dustin is analytical, intense. But when I ask him for a thumbnail sketch of himself he shifts gears from thoughtful interviewee to impish clown. "Tall," Dustin responds to my question. "It may not be a literal fact, but that's my essence. I've always felt tall. I duck my head when I go through doorways."

Realizing that his attention span has lapsed, I look at him helplessly. "Let's get together for part two next week," he suggests. *(continued)*

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DUSTIN HOFFMAN

continued

Several weeks later we meet again for lunch in Los Angeles. But it is Yom Kippur so while I devour an omelet, Dustin abstains, explaining that he is fasting. His Jewishness, one realizes, is based on loyalty and cultural affinity rather than religious conviction, for he has told me earlier, "I'm not the least bit religious. I never have been." Yet when Dustin married Anne, a Catholic, the ceremony was performed in a synagogue. And though Dustin had been dating Anne for nearly six years, he married her after she began teaching dance therapy at a New York Jewish community center.

As we talk about *Kramer vs. Kramer* and the parallels between Ted Kramer—an ambitious young advertising executive whose obsession with his career causes his wife to walk out on him—the breakdown of Dustin's own marriage becomes evident.

"I wanted to tell the story of someone who was going through an experience I could relate to—that whole thing of being obsessed by your work and having that take precedence over your family, often without even realizing it. As the story opens, Ted Kramer believes he is a good husband and father. He feels he is working to promote himself, and to make money for his family and move them ahead—to send his kid to school and buy his wife nice clothes. And for many American men, this is a way of life. This is how they see their role. So instead of giving love, Kramer rationalizes his career obsession by giving materially to his family.

"I wanted the movie to show that in certain professions, such as advertising, which is what Ted Kramer does, you can't excel in both your work and your family life. You have to make a concession somewhere. And when Kramer does, he loses his job."

"But don't you think, with intelligent planning, it's possible to succeed in your career as well as your personal life?"

"No. I don't think you can make movies, the way I think movies should b made, and not compromise your famil life, unless you work at it in an extra ordinary way.

"When I'm filming, my working da can start at five-thirty in the morning and not end before ten-thirty at night And even when I get home, I still hav to study the next day's script befor crawling into bed.

"If you're married and have childre and that schedule goes on for sixtee weeks, you are sacrificing your family.

What does it take then to sustain two-career marriage? "I don't know, Dustin replies, genuinely troubled. "I' in awe of the ones that work.

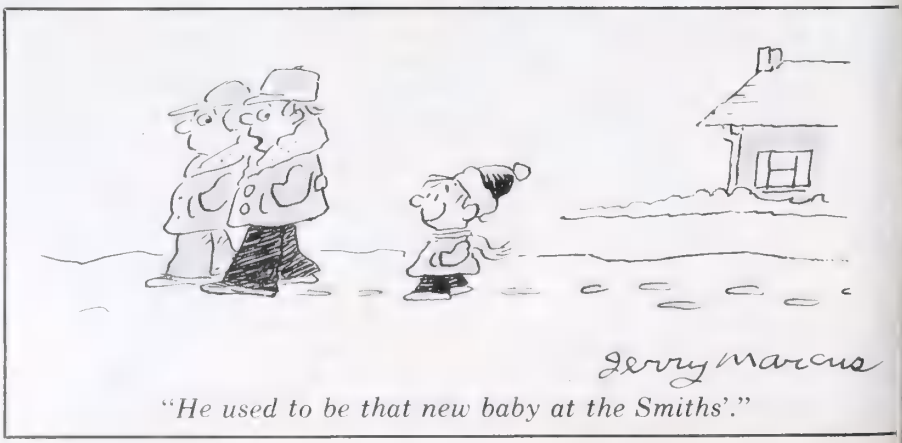
"Who was it who said that when ma riages were first invented our life spa was only thirty years so that marriage didn't last more than ten or fifteen yea then? Now that the life span's up t seventy years, if people get married i their twenties, well, that's fifty years That's a long time. So perhaps one of th things you need for marriage to last is short life-span.

"I feel that people go into marriag saying, 'I'm going to adjust and learn And we do our best. Everybody fight for it, God knows. But halfway through you just hope you're going to get throug it. I think a lot of marriages are like tha But if you do endure, I think you ca achieve a depth that a lot of peopl never even conceive exists."

Pain of separation

The undercurrent of anguish I sense during my first meeting with Dusti would seem to be the pain of separatio for that same pain flows from th screen as Ted Kramer grapples wit the twin problems of absorbing los and rebuilding his emotional life Clearly Hoffman nurtures a shred o hope that he and Anne might reconcil But at the same time, he dreams of dis carding his pain and starting a new life

"I want to read a really good Charli Chaplin biography," he muses. "I wan to find out what it was like to be fifty two years old, meet a seventeen-yea old girl, have eight children and b married for thirty-four years." **En**

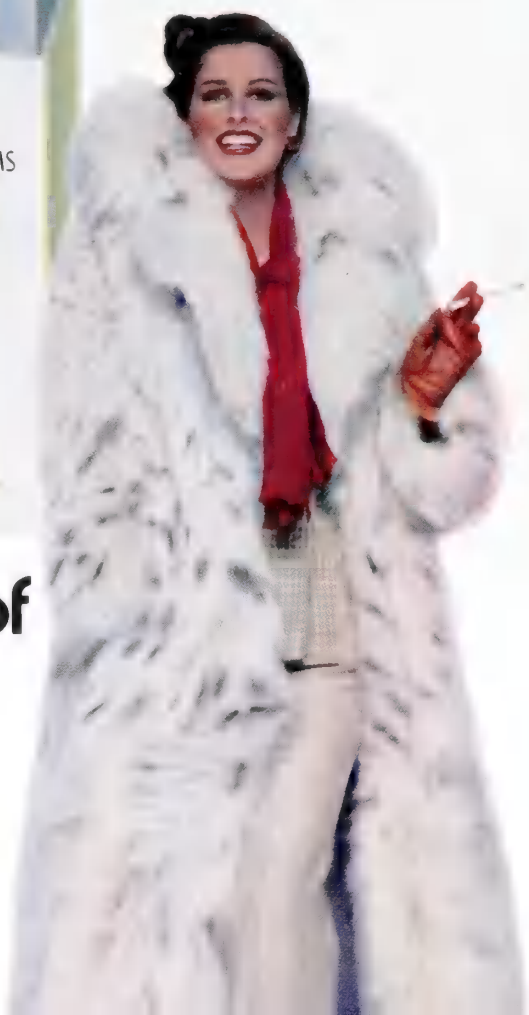


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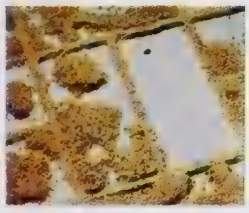
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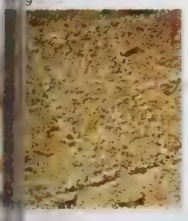
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Editor's Diary

ANSWERING YOUR CALL OF "*HELP!*"

Everybody's worrying more these days, about more things: the world, the economy, personal relationships, practical perplexities, *everything*! And the answers to problems grow more and more difficult. That is why, increasingly, the *Journal* is fulfilling its role as problem-solver. Fretting about utility bills? (See our energy-saving story, page 44.) Wondering about your teen-agers and their experimentations with sexual activity? (Learn from the frank report on page 58.) Coping with the difficulties that seem to cloud your personal image? (Get comfort from our very realistic, down-to-earth beauty story, page 100.) Feeling insecure about decorating your home? (Get guidance on how to avoid mistakes, page 96.) Problems are big, problems are small, from religious issues (read the Pope on women, page 93) to taxes (Sylvia Porter, page 30) to what to serve for dessert tonight (try brownies, page 110.) Problems are pervasive, and there are all too few people to help you with them. That's why such features as "Can This Marriage Be Saved?", "Mothering," and "It's Not Easy to Be a Woman Today" are often the first things to which Journal readers turn, as they would to family mentors or experts-in-residence. That's why the *Journal* zeroes in on all the things that bother you and other women. Call us Big Mom, Dr. Magazine, or just your understanding friend. We're here to provide guidance and support when you say "Help!" We hope this issue is particularly helpful. Let us know if it has been.

Our fashion pages (104–107) this month have an elegant simplicity that belies the strenuous efforts and careful planning of the eight hard workers shown here. Back row, from left, on the fashion set built for these photographs: Fashion Assistant, Matilde Almeida; model Ty; Fashion Editor Trudy Owett, Design Director Sunday Hendrickson; Photographer Horst P. Horst; Assistant Fashion Editor Bonnie Cooper. On floor, Hair and makeup artist Leonardo De Vega; model Susan Hess.



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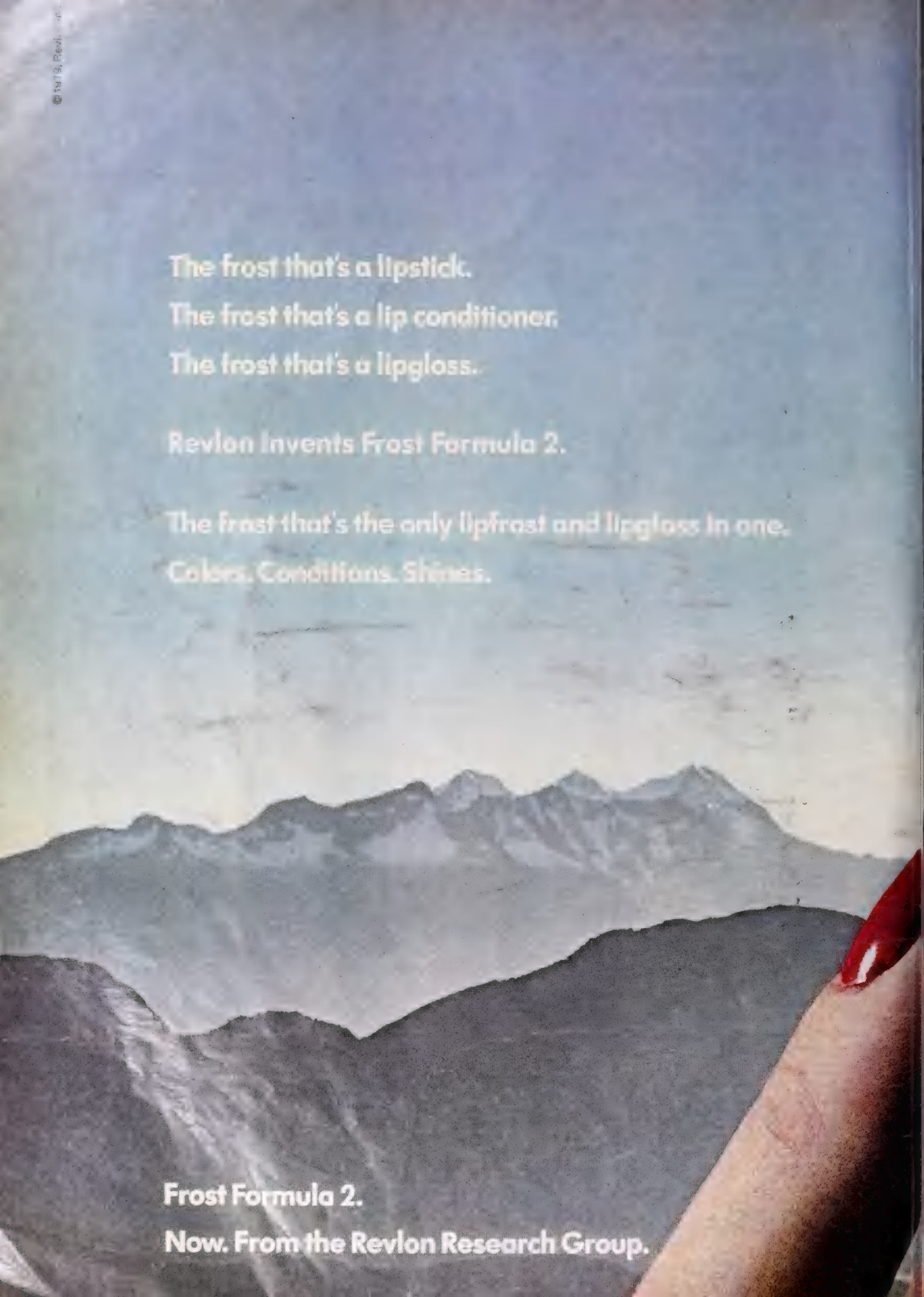
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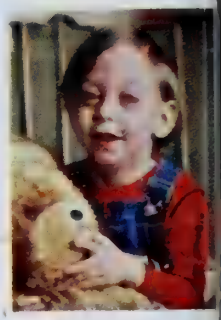
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Cover photograph of Meryl Streep by Shelly Secunda; hairstyle and makeup by Sharon Slattery

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Can office lovers live—and work—happily ever after? A bold look at who really pays the price when colleagues get too close for comfort.

By Letty Cottin Pogrebin

Love on the Job

In 1970, I wrote a book called *How to Make it in a Man's World*. At that time, I advised women not to get involved in office romances: "Don't sex around in your bread-and-butter bailiwick . . . That eliminates office staff, men whom you negotiate with, meet with, sell for, sell to, talk money with, get paid by, sign contracts with, do favors for or accept favors from. (Keep calm; there are plenty of men left.)"

Now it's 1980, and I stand by those words as firmly as I did then. The sexual revolution and the women's movement have not changed the fact that, in general, on-the-job affairs cost more than they're worth. And usually, it's the woman who pays the highest price—both emotionally and professionally.

The classic case: Here's Sally, who works for a public relations firm, and Tim, vice president of the company. Tim is married—Mona, his wife of 15 years, works for a company that's important to Tim and Sally's firm.

One weekend at a trade convention, Sally and Tim begin an affair, and fall in love.

Tim leaves Mona and moves in with Sally. Mona refuses to give Tim a divorce. Tim and Sally say they will wait it out. Rumors fly.

Meanwhile, business friends take sides. Mona easily wins the sympathy vote. Sally's colleagues begin to snub her.

Matters come to the attention of top management. The company president tells Tim that his liaison is hurting business. Tim refuses to stop seeing Sally. So, the president fires Sally.

Why Sally? Because the awful truth is, when one member of an office couple has to be fired, guess who it usually is?

But sometimes, in all honesty, it's not the woman who takes the blame. A man can be hurt in an office romance, too.

Roger is the home furnishings director of a West Coast department store. Daisy, a young interior designer, applies for a job and Roger employs her as a free-lancer.

Their business relationship necessitates many phone calls and meetings, which lead to lunch dates, dinner dates and romance. The next time there's a full-time job opening in his department, Roger hires Daisy.

Roger's boss, Helen, doesn't approve. First of all, although there never were sexual vibrations between them, Helen had been Roger's mentor, and rather enjoyed her power over her talented disciple.

Daisy's presence changes all this. To her, Roger is brilliant. Roger's confidence soars, and Helen starts to criticize his work and Daisy's. Finally, she fires Daisy. (Naturally.)

Roger quits and he and Daisy form an independent firm. For nearly a year, business flourishes, but love flounders. "It isn't anything you've done," Daisy tells Roger when she leaves him. "It's just that I realized I've always been attached to some guy's coattails. I have to find out if I can make it on my own."

During our interview, Roger wipes his eyes and shreds his napkin nervously. He doesn't quite understand how he lost both a lover and a great job within a year.

Lois, a young office worker, contributes one of the only positive experiences I have heard. She had just broken up a long-term relationship and needed a comforting father figure. Sam, an executive in her company, was in crisis too, struggling to deal with his wife's recent death and his own recent illness.

"We slept together eight times over the course of a year," Lois says. "But mostly, we spent a lot of time talking.

"He taught me a great deal about our business, and he made me feel smart. I reassured him that he was still attractive to women. It ended when I met someone else. No recriminations. No witnesses. No casualties."

Scene: a law firm. *Characters:* law partners and their secretaries. When the junior partner becomes engaged to Ellen, his secretary, she undergoes a personality change: She becomes officious, starts challenging other law partners' expense chits, and starts checking the timesheets of secretaries who are actually senior to her.

The lawyers grumble and the other secretaries rebel. They issue an ultimatum to the senior partner: Either Ellen goes or we go.

Ellen goes. After a violent confrontation with his partners, the junior partner leaves and the firm breaks up.

Moral: You can't be a boss-by-marriage. Fact: Office romances can hurt the whole firm.

Genevieve is the envy of her friends. Through her job in the stock market she meets lots of men. "I'm divorced and many of them are single, but I can't date them. My company just *(continued on page 14)*

* *The names and identities have been changed to protect the identity of those interviewed for this column.*

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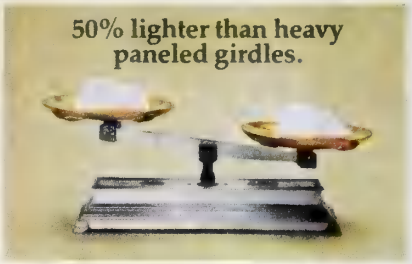
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"It certainly made a believer out of me."



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The Working Woman

continued from page 10

doesn't believe in that sort of frater ing."

Genevieve sees these men anyw because they're the only men she me But it's always on the sly, and she fi the experience nerve-wracking. "" man I'm seeing now never calls m the office. We waste time going hom get each other's phone calls. It's cr If we were men friends, we could n in the open and pal around toge without anyone thinking we were b indiscreet."

Whether the case histories are ex or familiar, I found so many of the sights to be wise and startling:

"If you break up but have to conti working together, you have this c thing between you," Alison commen "It's sour, and everyone around you to walk on eggs—rotten eggs. It aff too many people."

"In a corporation, there are chain command, lines of loyalty and c spheres of influence," Nancy explai "My affair with a male subordinate turbed the order of things. Pe weren't sure who it was safe to go with."

"If you can't keep the romance se keep it out of work," advised R "Otherwise, it will be blamed—or c ited—for everything: a lost invoice, promotion, migraine headaches, Ch mas bonus, *everything*."

Do you agree or disagree? If yo had the experience of business with mance, write to us about it (one p maximum), and prove that I'm righ wrong about my anti-affair policy. future column, I'll share your sto anonymously, with other readers.

THE KITES

By Maureen Cannon

The sky is like a patchwork quilt today
A whirling quilt ablaze upon a bed
Of blue—the kites are flying! Watch
. the way
They tease a cloud, the spinning
paintbox-reds.
The yellow patches racing greens
(to win!),
One swirling orange circling to begin
A journey with the wind that whips
a square
Of sky to froth. . . . A kite goes anywhe
Its fancy takes it, almost. Magic flights
They are, the silent spiralings of kites
That, bright as whimsies, twist and
soar and tilt
And turn the sky into a patchwork quil
That won't lie still. As much as anythi
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Can This Marriage Be Saved?

Can a wife love a husband she no longer respects? Jack was determined to hold on to Audrey. But first he had to prove he could hold down a job.
By Dorothy Cameron Disney

"Why Won't My Husband Act Like a Man?"

This case is based on information from the files of the Suburban Counseling Center, Bryn Mawr, Pennsylvania. The true story reported here is drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was the Center's co-founder and Clinical Director Charles C. Bray, PhD. The Center's Executive Director is Richard P. Petrino, PhD.

AUDREY'S TURN

"Jack promised that if I would get pregnant, he would find a job and stick with it," began 25-year-old Audrey, a blue-eyed brunet with long hair and a beautifully clear complexion. "Well, I'm three months pregnant," she continued, "and he's still unemployed.

"I'm worried sick about the future. But Jack is as cool as a cucumber and as irresponsible as ever. Last month, for example, he hid our electric bill underneath the sofa. When the warning notice arrived, he tried to hide that, too, but I caught him. He laughed about it, as if it were a terrific joke.

"Jack is handsome, charming, talented—he's a wizard at playing the piano—but he's totally undependable. I shouldn't have trusted him to keep his promise, but I thought having a baby on the way would force him to be responsible. Instead, he's flightier than ever.

"When I met Jack four years ago, I received a very false impression of him. For one thing, at that time he had quite a good job with the automotive company where I worked in the stenographic pool. According to the other secretaries, in addition to being a lady-killer, Jack also had rich parents. Everyone thought he was a good catch.

"But I wasn't after Jack or any other man. I was taking college courses at night, hoping to make something of myself instead of wasting time on a string of guys. Before I got emotionally involved with anyone, I planned to be launched on an interesting career.

"Then came the big turn-around. One day Jack dropped a heart-shaped note on my desk. The note said that I was lovely, and would I please go out with him. Naturally I accepted. Who wouldn't?

"I fell in love with him. I couldn't help myself. But he wasn't at all the way my co-workers had him pictured. Instead of being a lady-killer, he was gentle and shy. And his parents, though prosperous, had a lot of kids and were extremely tightfisted.

"Soon Jack and I were seeing each other almost every night. Although we were sexually inexperienced, we had no problems with sex—our chemistry seemed perfect. We made love whenever we had the chance, which wasn't often.

"Jack was living with a married brother at the time, and his sister-in-law was a terrible snoop. I was also living at home, paying my mother room and board. I finally decided to rent a place of my own. I hated to deprive my poor mother of the room-and-board money—my father begrudges every penny she spends—but Jack and I needed privacy.

"As soon as I moved in, I lost my job. Jack was terribly sympathetic and offered to quit his own job to keep me company. He was baffled when I refused the offer—like I say, he's irresponsible.

"For six weeks I hunted for a job on a regular eight-hour schedule—just as Jack should be doing now. I landed a job, at double my old salary, in an animal laboratory. I'm fond of animals, but the work was brutal. The bags of feed weighed eighty pounds and some of the equipment I dragged around was heavier. One time a pig fell on top of me. Another time a watering hose broke, and it took me seven hours to mop the place dry. But hard as it was, I was happy to be working. *(continued)*



Illustration by Greg King



"To look and feel better, I'm trying to lose a few pounds. At the same time, I also make sure I get enough vitamins."

Many Americans are dieting, or at least watching their weight. And that's good. Even a few extra pounds can affect the way you feel and look. But by cutting down on food intake, you may also be missing out on some essential vitamins and minerals.

Proper nutrition can also be a problem for picky eaters and those who eat-on-the-run or skip meals altogether. So, whether you're dieting or not, make sure you get enough vitamins and minerals. Eat a balanced diet and look for fortified foods when you shop. Just to be sure, you can take a vitamin supplement every day.

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Can This Marriage Be Saved?

continued

"It wasn't long afterward that Jack lost *his* job. His sister-in-law was then so nasty that I invited him to move in with me. I naturally expected that we would split expenses. This proved impossible. Jack hadn't saved a dime from his salary and was loaded with debts.

"About this time my father found out we were living together and insisted that we get married immediately. Jack agreed with him. I, however, wasn't willing to marry an unemployed man who was only half-hearted about looking for work. The only job that really interests him is playing the piano; it's also one that's practically impossible to find.

"After months of pounding the pavement, Jack finally took a job at a gas station. I was so relieved that I ignored my doubts and agreed to get married. We had a lovely wedding, financed with money I'd been saving for that specific purpose since high school. I even had to buy our wedding rings.

"Three weeks after the wedding, the gas station went out of business. Jack quickly found another job, as an usher in a movie house, but he quit in two weeks. Meanwhile, I would stagger in from the laboratory dead tired, and the whole apartment would be a terrible mess: newspapers piled up everywhere, his dirty socks decorating the floor, dust balls tumbling in every corner—and there was my husband, propped up in bed, listening to the stereo. Jack refuses to use the vacuum cleaner or do the laundry. He says that's a wife's job.

"My biggest mistake, I now realize, was to get pregnant. Jack said pregnancy would be a test of faith—did I love him and trust him enough to bear his child? For a while, it seemed my faith would be justified. Jack got a job I spotted in a want ad. But last week, with no warning, he walked off it. He wasn't fired. He quit!

"The day my pregnancy was confirmed, I had to give up my job at the lab because of the unsanitary, potentially hazardous conditions. That means we have nothing to depend on except my unemployment checks—Jack has never worked long enough in one position to be eligible for unemployment benefits—and my checks won't run forever.

"I can support myself and a baby, but I don't want to support my baby's father."

JACK'S TURN

"Audrey has every right to *(continued)*



Can This Marriage Be Saved?

continued

be disappointed in me," began 24-year-old Jack, a tall, handsome young man with deep blue eyes. "The truth is," he continued, "I'm disappointed in myself.

"I'm just not cut out for the money-oriented culture of today. I wish I could be different. I wish the world were different, less cold and opportunistic and more appreciative of guys like me, guys with talent.

"The last time I felt on top of things was when I was thirteen years old. That's the year I won a city-wide competition for junior musicians. My prize for coming in first—hundreds of kids had participated—was to play the piano with the symphony orchestra.

"Both my parents are concert musicians, and they were very proud of me. My moment of greatness, however, was short-lived. I didn't even place in the competition the following year. My mother never let me forget my failure. She couldn't understand it. Well, I understood why I flopped. My feelings were all screwed up.

"In one way I wanted to win; in another stronger way, I wanted to lose. I had to find an answer to the question that bothered me constantly: Did my parents like me for myself, or did they like me because I played the piano well? When I blew the competition, I had my answer. They cared for me as a piano player, they cared nothing for me as a son.

"When Audrey agreed to marry me, I thought my luck had changed and that I had nothing else to fear. Unfortunately, it didn't work out that way. Indeed, at the last minute I was afraid she would back out and leave me waiting at the altar.

"Audrey exhausted all her savings paying for our elaborate wedding ceremony. As the bridegroom, I was supposed to buy our rings but couldn't even swing that. The jeweler wouldn't accept my credit card, which he said had been canceled. My brother refused to lend me the money, so did my mother, and in the end I had to tell Audrey.

"She was furious to say the least. She dragged me to a discount house and bought two twenty-five dollar rings. Some day I'll buy her a platinum band paved with diamonds, as I often tell her. I love Audrey with all my heart, and despite her denials in angry moods, I'm sure she loves me.

"I'm glad she's pregnant but sorry her pregnancy hasn't brought us closer the way I'd hoped. The other night she started talking about job possibilities for me, a subject I thoroughly dislike, when I broke in and asked about childbirth classes. She got mad, pitched a pillow at my head and said that I shouldn't count on attending childbirth classes—she might throw me out at any time.

"I could understand her attitude. In a funny kind of way I shared it. There are times when I feel that Audrey should throw me out. I deserve the punishment, although it's the last thing I want.

"For some reason, I can't seem to improve my behavior and avoid her anger. I seem to go out of my way to make myself look worthless in her eyes. It's as though I were tempting fate.

"A few months ago, for example, the apartment was a wreck, and I was going to vacuum. But suddenly I flopped back on the bed as if I were paralyzed. Audrey walked in from work, tired as usual, and found me in the middle of the mess, listening to the stereo. She was furious and wouldn't let me get a word in.

"Audrey worries too much about the future, and she says I worry too little. Our situation isn't as bad as she makes out. Her unemployment benefits will continue until our baby is born.

"I wish I had better luck finding work. The only decently paying job I ever held was the one where I met Audrey. My brother had arranged it for me, but he's too disgusted with me to trouble himself again. It was a terrific bore anyway. The job Audrey found for me was an even worse bore.

"For eight hours a day I climbed up and down a ladder, changing light bulbs in street lamps. My partner counted the bulbs. There was a budget cut, and my partner's job was eliminated. The poor guy, who has five kids, burst out crying when he saw his pink slip. I quit so he could take over my spot. I think I behaved like a decent human being. Audrey says I behaved like an idiot.

"We disagree in so many areas, it's a miracle we ever fell in love. She is convinced I'm just wasting time when I listen to the stereo. Actually, I'm trying to keep abreast of modern trends in music. Music is the only field in which I'll ever be happy working.

"I'm composing my own music now and recording it on tape. When I'm satisfied with the results, I'll use the tapes to sell myself as a performer. It won't happen tomorrow though. I hope Audrey will be patient.

"Audrey is the only person in this world who ever really cared for me. I don't know what I'll do if I lose her."

THE COUNSELOR'S TURN

"This marriage was clearly headed for disaster," the counselor said. "Audrey had lost her respect for Jack, and he, much as he wanted to hold on to her, appeared incapable of regaining her esteem.

"Audrey was eminently practical and considerably more clear-eyed than Jack. In an early interview, she confessed that when she tossed out her birth-control pills—characteristically she was in charge of all their precautions—she became pregnant in six weeks, much to her dismay. She had counted on a year or so to pressure Jack into finding and sticking with a job.

"Audrey grew up in a rigidly structured family in which the father was the top banana, the breadwinner, the producer—deferred to by everybody and catered to in everything. When Father shouted orders, Mama jumped to obey.

"Audrey had fully intended to marry at a much later age and had planned to marry a stronger, authoritarian type, a money-maker like her father. When she fell in love with Jack—their sexual bond was powerful—and they married, she overlooked the fact that the role of strong, authoritarian figure in the union was already filled. She was playing it.

"Seeing herself as a breadwinner, a producer, a close copy of her father—she pitied and vaguely despised her downtrodden mother—she felt entitled to be deferred to and obeyed. Shouting at Jack, however, was a waste of time. Anger didn't move him, nor did her attempts to manipulate him.

"Jack didn't picture himself as an ordinary wage earner, bowed down with a dull job. He saw himself as a frustrated musician—romantic, creative, careless and carefree. He was quite willing to wait indefinitely for the right opportunity to fall from heaven.

"As a boy, Jack was lost in the shuffle of a large family. His mother was wholly preoccupied with music. Jack yearned in vain for her affection and attention. As for his father, Jack spoke of him as if they were barely acquainted. This parental neglect laid the foundaton for his dependency on Audrey.

"To get Jack out of his unemployment rut, I suggested that he seek work connected in some way, however slight, with music. This idea hadn't occurred to either of them. They drew up a list of possibilities, and Jack launched the first cheerful job-hunt of his life. He soon found a job with a music publishing house where he's surrounded by other musicians. This job, he says, is one that he'll hold on to.

"Now that his attitude has changed, Audrey has regained much of her respect for him. She's also pleased that he has taken on some of the household responsibilities that he dodged for so long. Recently they worked together on the happy project of turning an alcove in their apartment into a nursery.

"Their financial future remains a question mark. Jack is looking for a part-time job playing the piano to supplement his salary. With two jobs, he tells me, they can balance their budget.

"Audrey is less worried about finances. She's content to enjoy her pregnancy and to let the future take care of itself. After all, she and Jack are young, healthy and willing to team up to support themselves and their baby." **End**

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"I Gave My Daughter Away—and Found Her Again"

A mother's true story as told to her daughter, Leann D. Hudgens

In my heart I searched for her all of my life. But by age 22 I realized that my wonderings and fantasies about my natural mother were not enough. I knew that I would never be satisfied with less than the full truth of my origin. And I knew I would never find peace until I met the person who had given me life.

So my three year search began. I wrote scores of letters, placed phone calls across the country, talked with judges and doctors, followed every clue, every hunch, every hope.

And then it happened. My phone rang one evening, and the voice on the other end said that she was the woman I was looking for. Twenty-five years after I was placed for adoption, I found the woman who had given birth to me—my natural mother.

Since that phone call, my life has changed in many ways. Mainly I have a feeling of great relief—and great joy—in knowing my family. My only regret is that I didn't know them sooner.

Here, in her own words, is my mother's story.

Last winter I saw my daughter for the first time in 25 years. The last time we were together she had been just three days old.

Giving up Leann for adoption was the hardest thing I've ever done. Yet I'm also sure that it was the best thing for her and for me.

The reason for my decision goes back to the time I was 17. Recently divorced, I had a nine-month-old daughter, Debbie, to support. Although I was very young, I had no doubts that I could bring up Debbie on my own and give her the life she needed. Then one fall evening my plans for the future were destroyed.

A casual acquaintance, a man I'd never even been out with, offered me a ride from work. It was only after we were already on the way that I realized he was very intoxicated. When we reached a secluded area, he pulled into a side road. My pleading, my screams and attempts at fighting him off didn't work. Finally, when he was too exhausted to hurt me anymore, he agreed to take me home.

When I found out I was pregnant, my world tumbled down around my feet. I moved to a nearby town and stayed in seclusion until after the baby was born. During that time I spent many long and lonely hours trying to decide what to do. At last I reached the heartbreaking decision that adoption was the best course—the only course. I felt I couldn't bring up two children on my own. I also wanted my baby to grow up happy and proud, with nothing to be ashamed of.

That summer I gave birth to a beautiful, healthy girl who had a lovely complexion and dark hair like mine. I named her Kathleen and gave her my ex-husband's surname. After I signed the adoption papers, I cried until my eyes were almost swollen shut. The doctor wouldn't release me from the hospital for two more days, which meant I had to watch the other mothers with their babies—a sight that was terribly painful for me.

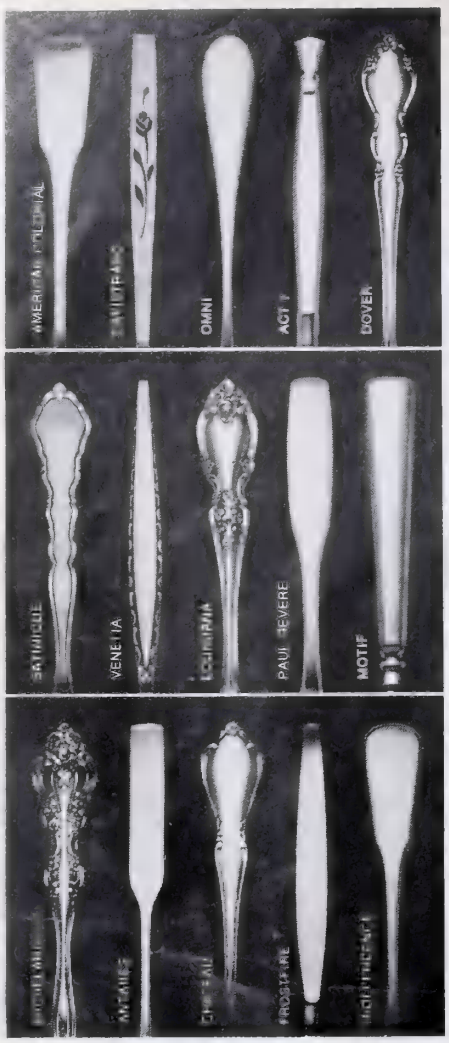
As the years went by, I remarried, gave birth to a son and watched the children grow up and become adults in their own right. But. *(continued)*

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It's Not Easy

continued

I never forgot about my other child, the child I had to give up. She was in a good home; something inside told me so. But I missed her nonetheless. When Debbie reached adolescence, and I prayed for guidance to help her through those difficult years, I prayed for Kathleen, too.

Then one day, quite by chance, my cousin called and said that there was an ad in the personal column of a local paper wanting to know my whereabouts. It gave a name—Leann Hudgens—that was totally unfamiliar to me and a post office box number in Los Angeles. I had no idea who this Leann might be, unless she was an old classmate who had changed her name. My curiosity aroused, I wrote and asked who was making the inquiries.

A couple of weeks went by, and there was no answer to my letter. I was sure then that it must have been an old friend passing through town, especially since she'd used my former married name.

One evening when I was saying my prayers, a feeling of peace came over me. I had never felt quite that way before. The next day I received a letter. I opened it quickly, and then sat down just as quickly. The person who had placed the ad was my daughter! She wrote that she had been searching for me for years, and had finally, in desperation, decided to place the ad. It was like a miracle to me. Always in the back of my mind was the hope that someday we could get together, but this was almost too wonderful to be true.

When my husband came home, I showed him the letter, and he was just about as happy as I was. We talked about Kathleen (now called Leann) for a while. Then I started to worry. What if she didn't accept my reasons for giving her up? What if she resented or even hated me? My emotions were so mixed up I could hardly sleep.

After thinking about it a great deal the next day, I realized that Leann knew she was an adopted child, but she wanted to see me anyway. That realization gave me the courage to call.

When I told her who I was, she could hardly believe it. After four years of searching, she had finally found me. And I, of course, could hardly believe that I'd see her again. We immediately made plans for her to drive from Los Angeles to the small town where I live. She would arrive two weeks before Christmas.

The day of our reunion Leann phoned when she reached the outskirts of town so I could give her further directions. I told her to wait and I would come meet her.

I pulled up, all nervous and jittery, and saw a very pretty young woman with cheekbones like mine, brown eyes and dark hair. I waved to her and got out of the car. She started walking toward m and when we reached each other, I p my arms around her and mumbled hell I couldn't say very much more because was afraid I'd cry. As soon as we r covered from the initial impact, we dro to the house so we could really talk.

Leann told me all the details of h long search to find me. Then I told h my reasons for giving her up, and sh accepted my decision. She wasn't resen ful or bitter, and for that I was grateful.

Later that day my parents dropped b and they helped my husband and n welcome Leann to the family. We e changed small gifts and made plans f another visit when Debbie and our so Steve, would be home. Straining o emotions, we wished one another Mer Christmas and hugged good-bye.

Debbie was very understanding when told her about her younger sister, and sh couldn't wait to meet her. My son w excited too, especially when I told hi that Leann looked very much like him.

A month or so later Leann returned f a visit with her husband, Jim, a very nic young attorney. We all spent a great da together, talking and getting to know on another. Debbie and Leann both said th they had always wanted a sister and wer happy to have one now. They spent hou searching each other's features for a fam ily resemblance and trying to discove what they had in common.

The people who raised Leann must b wonderful, because she is such a gre person. Like my other children, she attractive, intelligent, sensitive, straigh forward and sincere. I would like to thin that she inherited some of these qualitie from me, but I give the people wh raised her all the credit.

Having her as a part of my life now so rewarding that I can't express in word how much it means to me. I have alway felt that things work out for the best you have faith, and this wonderful experi ence has confirmed my belief. **En**

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What's Happening

Get a jump on the Academy Awards with Gene by reviewing the 8 ten-best and the 24 ten-worst movies of the year. And then a quick glance at upcoming movies for the new season.



Gene Shalit

While we wait for next month's Academy Awards—the night that Hollywood stars are enveloped in a r-r-ripping evening—let's take a look at what the Oscar voters had to choose from: the Best, the Worst and the Middlest movies of the year.

THE 8 TEN-BEST MOVIES OF THE YEAR

There can be no one best film, so here are the best alphabetically:

All That Jazz. The most exhilarating film, with the most dazzling ensemble dancing ever created for a musical. Roy Scheider's performance is the highlight of his career.

Apocalypse Now. The most realistic battle scenes ever realized on screen. Marlon Brando dominates the ads, but Robert Duvall dominates the film.

The Black Stallion. The first time a picture primarily for children has made my list. This story of a little boy and a wild horse is what family movies should be.

Breaking Away. The year's surprise picture, an endearing story of a high school boy in Bloomington, Indiana, who wants to be an Italian bicycle racer.

Going in Style. I could see this movie ten times and never tire of it. George Burns, Art Carney and Lee Strasberg—three old men living on Social Security—decide to put a little life into their lives, and *do*, in a most unexpected way. A lovely film.

Kramer vs. Kramer. For many, this was the year's big film, the story of a divorced couple (Dustin Hoffman and Meryl Streep) struggling for custody of their six-year-old son. Justin Henry gives the most realistic performance I have ever seen by a child so young, and Hoffman is extraordinary.

Manhattan. Woody Allen wrote, directed and starred in this picture postcard to New York.

Norma Rae. The movie arrived unheralded, and was soon heralded around the world. Sally Fields was named Best Actress at the Cannes Film Festival and deserved it.

Any year that gives us eight such films, plus the incomparable *Tree of Wooden Clogs* from Italy, and the rollicking *Muppet Movie*, is a vintage year for films.

THE 24 TEN-WORST MOVIES OF THE YEAR

As good as was the year, so *bad* was it. (And that *sentence* is no prizewinner.) These are the pictures that gave me terrible headaches:

Star Trek. Star *Wreck* is more like it.

1941. As if that year wasn't bad enough, they had to burden it with *this* disaster.

Luna. A story of incest that actress Jill Clayburgh will hide from her resumé.

The Fish That Saved Pittsburgh. But nothing could save the movie.

The Onion Field. Joseph Wambaugh proves police can be bores.

Players. Dean Martin's son in his farewell (I hope) movie appearance. And Ali MacGraw was trapped again.

Bloodlines. Anemic.

And Justice for All. Who says Al Pacino can't be in a rotten movie?

Prophecy. This film had no future.

Concorde. Even seatbelts wouldn't keep audiences from rushing to the exits.

(continued)

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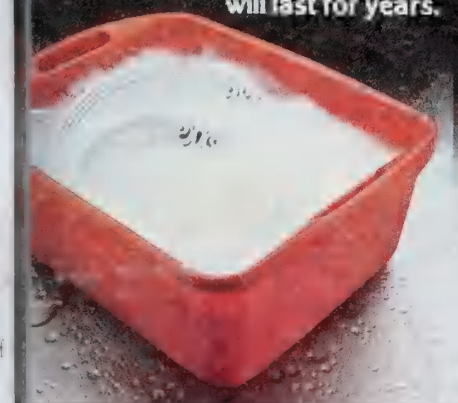
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What's Happening
continued

Real Life. A candidate for the worst picture in the past ten years.

Americathon. Not as good as *Real Life*.

Hurricane. An ill wind.

Dracula. Not enough to sink your teeth into.

Beyond the Poseidon Adventure. This story of a sunken ship was unsalvageable.

The Amityville Horror. A bad book made worse.

Goldengirl. Dross.

The Prisoner of Zenda. Who says Peter Sellers can't be unfunny?

Dreamer. Somebody decided to make a movie about *bowling*?

Dawn of the Dead. Yawn of the living.

The Promise. Hollywood shouldn't make promises.

Every Which Way But Loose. Clint Eastwood's immensely profitable dud.

Moment By Moment. John Travolta may *still* be in hiding. Or should be.

Fedora. **Director Billy Wilder led William Holden, José Ferrer and other good actors into a movie that ranked with *Real Life* and *Americathon*. Come to think of it, considering the past reputations of these people, *Fedora* was the most laughable, appalling movie of the year.**

THE 15 MIDDLEST MOVIES OF THE YEAR

There were plenty of entertaining movies of the year—that great middle ground: not singled out for praise, nor drove you to the exit on the double.

The In-Laws with Peter Falk and Alan Arkin was a convulsive comedy by two actors I hope will team again. . . . *"10"* introduced us to Bo Derek, a young woman who sent men into fantasies hertofore (sic) unexplored. . . . I loved *Yanks*, a big old-fashioned love story set in World War II with Richard Gere and Lisa Eichhorn. . . . *Starting Over* gave us Burt Reynolds, Jill Clayburgh and Candice Bergen in a keen comedy that showed how charming and sophisticated a role Burt could play. . . . *The Europeans* was based on a Henry James novel and, with Lee Remick in a leading role, it was the year's most elegant period piece. . . . Meryl Streep, Alan Alda, Barbara Harris and Melvyn Douglas gave us *The Seduction of Joe Tynan*, one of the year's most pleasurable movies. Streep—in this and *Kramer vs. Kramer*—proved again that she is a practically incomparable actress. . . . *Rich Kids* will be remembered for the truth of its pre-teen characters and for the whole tone of life on the East Side of New York City. A first-class film. . . . *St. Jack* should have had more popular appeal than it had. Ben Gazzara and Peter Bogdanovich were right on the money in this Bogart-like drama set in Singapore. There's no way to predict what audiences will go for. I went for *St. Jack*. . . . *A Little Romance* was George Roy Hill at his charming best: The story of two young kids in their first fling at romance, flung far to Venice by an endearing old reprobate played by Laurence Olivier. . . . *The China Syndrome* was ahead of the news: Jane Fonda, Michael Douglas and Jack Lemmon were involved in a nuclear accident that actually occurred almost as soon as the movie was released. The people who made the movie felt spooked. . . . Bette Midler made her first movie with a spectacular performance as *The Rose*, a 1960s rock singer. . . . *The Great Train Robbery* had Sean Connery in one of his most appealing roles, an adventure yarn with style. . . . *Alien* grabbed me as an outer space suspense show with one of the most astonishing horror scenes I've seen. Sigourney Weaver seems headed for an important acting career. . . . *Moonraker* was another Bond smash, with 007 in one of his most exciting adventures.

NEW MOVIE SCENE

Kramer vs. Kramer is one of the finest films in years. Dustin Hoffman and Meryl Streep are Ted and Joanna Kramer—a divorcing couple combating furiously for custody of their six-year-old son (Justin Henry). Hoffman has his best role since *The Graduate* and *Midnight Cowboy*. Now he returns resoundingly as an ad agency artist, a career-aholic completely possessed by his catapulting career. The movie's beginning has the marriage ending. Hoffman's wife, Meryl Streep, is walking out. She wants a career, she needs to find herself, so she goes to California—no warning—leaving Hoffman and her six-year-old son. She does not reappear until the end of the movie, yet she reverberates through every frame of the film: Her absence is telling on her frightened little boy and on her furious, frustrated, frazzled husband. Slowly, dramatically, vividly, Hoffman transforms himself from workaholic to dad-aholic. The son he never knew, little by little, becomes his son—and a marvelous love and camaraderie grows between them. Time passes. Meryl Streep finds herself, finds her way back to New York and finds she wants her son. The film streaks to its bitter courtroom climax, a supercharged drama of parents clawing for control. Hoffman, Streep, Henry and Jane Alexander have turned Avery Corman's book into a film to remember, and Hoffman's performance is an ornament of the year.

SCRIPT IS PURE GOLD

You'd think that America's most successful playwright, Neil Simon, and the powerhouse producer Ray Stark, could choose anyone they wanted for a Neil Simon hit, and yet Simon's most recent film, *Chapter Two*, is severely handicapped by the choices of three of the four principals. As for the script, it is pure gold. The dialogue is filled with charm and wit and one explosive tell-him-off speech by Marsha Mason. Too bad the rest of the cast can't match her.

1980 A BETTER YEAR

Steven Spielberg, who directed *Jaws* and *Close Encounters*—two of my favorite movies—has now made a third movie, *1941*. Well, two out of three ain't bad.

The picture is filled with never-ending explosions that aren't funny, car and plane crashes that aren't funny, and scores of jokes that don't score. The real villains are Robert Zemeckis and Bob Gale, who wrote the script, and director Spielberg, who let the film get out of control. We won't see anything like it this year: 1980 has got to be better than *1941*.

WILL MAKE YOU LOVE MOVIES

With all of the publicity and ballyhoo for so many big name movies, one of the best movies now out is in danger of being overlooked, and that would be a shame. The movie is called *Going In Style*. The stars are George Burns, Art Carney, Lee Strasberg and Martin Brest. Burns, Carney and Strasberg are star actors (combined age: 223), and Martin Brest is the star writer and director (age: 28). What a job they have done! Burns, Carney and Strasberg can sit on a park bench doing virtually nothing, saying virtually nothing, and you will feel wonderful just watching. These three old men share an apartment and live on Social Security. Their lives are the same dreary day-after-day, until one day George Burns gets an idea to put a little life into their lifeless lives. I won't tell you what it is and I hope you don't find out before you see the movie, but I hope you'll take it from me: If you want to see an enjoyable movie that runs just over an hour and a half and will make you happy for a long time-and-a-half, see *Going in Style*. It will make you love movies again. **End**

GENE SHALIT RE-VIEWS

. . . **And Justice for All**—Al Pacino and a strong cast collapse under a wretched script.

Apocalypse Now is Francis Ford Coppola's celebrated and castigated effort, using the American war in Vietnam as an awesome vision of humanity. Not for children.

The Black Stallion is wonderful family entertainment; based on the popular book about a shipwrecked boy rescued by a wild stallion.

The Europeans, based on the Henry James novel, is a jewel—wonderfully acted and gorgeously photographed.

Natural Enemies is a strong drama of a man on the inner edge of sanity, played by Hal Holbrook.

Promises in the Dark stars Marsha Mason as a doctor treating a young patient. A warm story about caring and respect.

Running—Michael Douglas is too good for this mediocre film about training for a marathon race.

Soldier of Orange is an engrossing drama about members of the Dutch resistance during World War II.

Starting Over stars Burt Reynolds in a high-quality comedy, along with Candice Bergen and Jill Clayburgh.

Yanks, a romantic drama set in England during World War II, is one of the finest of this season. With Richard Gere and Vanessa Redgrave.

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un-Maid Growers of California, 1980.

Income tax time is here and so are a number of changes in the tax laws. Here's how to take every possible advantage and save money.
By Sylvia Porter

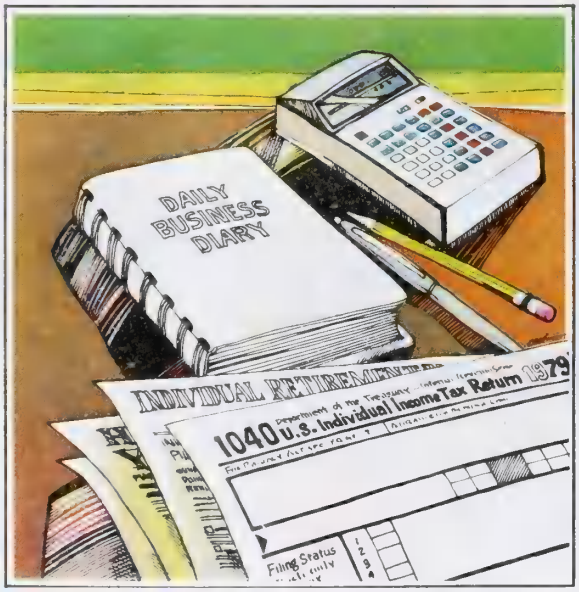
Tips for Taxpayers

If you are among the vast majority of us, you have started to fret about but have not yet actually filed your federal income tax for 1979, due April 15, 1980. If so, you'll save money and heartache by taking advantage of the following tax tips—some generally unknown to most taxpayers, others new for '79.

Even if you have already filed, study these tips, for all you need do is get one-page Form 1040X from your local IRS office, fill it out and file it to make corrections. No trouble; and no nasty repercussions will result.

Does Your Parent Help Care For Your Child (Or Children) Under Age 15?
If you qualify for the special 20 percent credit for employment-related expenses for the care of one or more children under age 15, you can now claim a credit for payments made during 1979 *to your parents* to care for your children. If you didn't do this in 1979, consider giving your parents income this year by paying them to care for your children in order to allow you to go to work. In future years, you can then also claim a credit against your income tax, which can be as much as $400 for one child and $800 for two children depending on how much you pay your parent.

Caution: This will not work if your parent is your dependent.



Pay Your Taxes in Full by the April 15 Due Date.
Because interest rates skyrocketed in 1979, the law also now requires IRS rates to be "adjusted." If you don't pay up your 1979 income taxes in full by the April 15 due date, you'll be charged interest at 12 percent on unpaid taxes, instead of last year's 6 percent.

If IRS should owe you interest on a refund, it, too, will have to pay at this higher rate.

Don't Forget Your Individual Retirement Account (IRA) Contributions.
If you overlooked setting up and contributing to an IRA, or had an IRA and forgot to make a contribution in 1979, it's still not too late. You have until April 15, 1980, to establish and contribute to an IRA, and take the deduction on your 1979 return.

Personal Gas Tax Deductions.
You can't claim an itemized deduction on your 1979 return for non-business gasoline and other motor fuel taxes. If you expect to use the standard deduction (zero bracket amount), the loss of the gas tax deduction will be meaningless. But, if you itemize, your taxable income will, of course, be slightly higher.

New Exemption Credits for 1979.
Almost all of you will get at least some tax cuts when you file your 1979 returns in 1980. Reason: The previous $750 personal exemption (for yourself, spouse, each dependent, for being 65 or over, etc.) is now $1,000.

But, while the tax law raises the exemptions for 1979 by $250, it also takes away the juicy "general" credit that you took for exemptions on your 1978 return. Thus, some taxpayers will actually do worse with the increased exemption in 1979. For instance, if you are a single taxpayer with $9,000 or more of taxable income and claiming only one exemption, you are worse off with the $1,000 exemption and no general credit. The extra $250 of your one exemption saves taxes at your highest tax bracket. But you were entitled to a $180 general credit against your tax on your 1978 return. This was not a deduction from income, it was a direct saving of $180 of your income taxes. On your 1979 return you give up the $180 tax credit in exchange for only a $75 tax saving, so that you, and other single individuals, are worse off.

New Rules for Inherited Property.
If you inherited or may in the future inherit securities, jewelry, a house or any other property from a person who died after 1976, and you either sold or intend to sell that property, check with a professional adviser whether you have any taxable gain or loss from such a sale. The reason: Congress has been changing the rules for such sales and you must get professional advice on what rule applies when a sale is completed.

News on Long-Term Capital Gains for 1979.
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MERYL STREEP



Streep could soon be as famous a name as Hepburn or Garbo. Is it the patrician look, the superb acting ability? Or is it the very real woman behind the star? By Diane de Dubovay

Meryl Streep may be the coolest looking actress around, but don't let that fool you. She is *hot*. With lightning speed she is emerging as the most riveting and versatile performer of her generation. In quick succession, she has grabbed the plum female roles in a series of box-office blockbusters—*The Deerhunter*, for which she won an Academy Award nomination, *Manhattan*, *The Seduction of Joe Tynan*, *Kramer vs. Kramer* and an Emmy Award-winning performance in the TV series, *Holocaust*. Yet so chameleon-like is her acting ability that it is easy for film goers and TV viewers to miss the connection between Meryl Streep in one role and Meryl Streep in another.

Like Katharine Hepburn or Carole Lombard, women who could hurl an expletive or take a tough stand without puncturing their patrician images, Meryl is a throwback to what used to be called "a classy dame." On screen, her classic features, translucent skin, flowing blond hair and calm blue eyes flicker with intelligence and hidden depths of passion. Along with her cinema contemporaries, Jill Clayburgh and Diane Keaton, she is part of that new breed of classically-trained, frankly smart-as-any-man, New York-based actresses — vulnerable, capable and real —whose career is distinctly non-



Meryl and her husband, Donald Gummer—new parents

"Hollywood" and only marginally based on looks.

Still, at 30, Meryl seems to have it all. The soft, accessible manner that colleagues and friends alike find irresistible. A multi-media film, television and theater career that has brought her—in just four years—to the threshhold of superstardom. A happy marriage to a talented young sculptor. And motherhood—last November—to a healthy baby boy.

Yet little more than a year ago, when actor John Cazale died of cancer at the age of 42, Meryl suffered such a devastating personal loss that emotionally and creatively, she was brought to her knees. Meryl and John had lived together for two years. An unsung "actor's actor," John was best known to the public for his portrayal of Fredo, the weak-willed younger brother in *The Godfather*. The couple met and fell in love while working together at a summer Shakespeare Festival in New York's Central Park. During the last year of his life, John and Meryl worked together in *The Deerhunter*. Then when John became too ill to go out, Meryl gave up working to nurse him around the clock. During the last few weeks, she moved into his hospital room—reading him the sports pages and doing comic impressions of TV newscasts. Although the medical *(continued)*

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MERYL STREEP

continued

bills, which she quietly paid, kept piling up, with the optimism of a woman in love, Meryl believed that John would recover. Looking back, she remembers that year as "a wonderful time" of intense closeness and communication. But she says, "I was *so close* that I didn't notice the deterioration. John's death came as a shock because I didn't expect it."

Surprisingly, within six months of John's death, Meryl was married to sculptor Don Gummer in a quiet, backyard ceremony at her parents' home in Mystic, Connecticut. For a woman of Meryl's sensitivity, the question is: How did she manage to get over John's death and rebuild her life so quickly?

"I didn't get over it," she replies. "I don't want to get over it. No matter what you do, the pain is always there in some recess of your mind, and it affects everything that happens afterwards. John's death is still very much with me. But, just as a child does, I think you can assimilate the pain and go on without making an obsession of it.

"Maybe it's a function of expectations delivered by the media. But I don't think that people in any other century felt they deserved perfection as much as Americans do in the twentieth century. We seem to look at sickness, death, grief or adversity as somehow being totally unfair. We seem to think, 'Hey, this is not supposed to be happening to me.' I feel lucky when anything goes right. I feel lucky that I'm not living in Cambodia. I think about that every day."

Possibly because some of the film characters she has played have projected an aloof, somewhat bitchy sophistication, Meryl is often compared to Faye Dunaway. Yet offscreen, this image is instantly dispelled. Lunching with Meryl, at New York City's Plaza Hotel, there is none of the razzle-dazzle glamour of a movie star. When we speak, she leans forward, looking directly into my eyes. She is kind, considerate, supportive, strong yet gentle, stimulating yet easy to be with. She is the kind of woman another woman would enjoy having as a best friend.

Fame, however, makes her uncomfortable. Right now, she is at that point where she is stared at and approached, yet the average person is not quite sure who she is. As we eat, a woman accosts her with: "Aren't you an actress? Didn't I see you on television . . . or was it in the movies?" Meryl cringes, but politely explains that she was in the TV series, *Holocaust*. "Oh, yes," the woman replies, "Now I remember. I think you're wonderful." She is a well-meaning fan, but the interruption is intrusive and insensitive.

"Don and I used to love going to museums," Meryl remarks. "But now we hate them because while we can walk around Manhattan's Chinatown and the [less fashionable] lower East Side, where we live, without being recognized, uptown, where everybody's hip to the latest trends, it's very difficult. You can't concentrate on an art object when someone has pushed himself between the object and you and is staring at you, or follows you around whispering your name.

"If you want to be a superstar, it seems to me you have to hire a press agent and do kinky things to get into the columns. If that's what it takes, I don't want to be a superstar. I don't want to be in the columns. Keeping my privacy is a priority."

When John Cazale died, Meryl went through a thoroughly private agony that she has never talked about before. Her seemingly rapid recovery from that tragedy can be attributed to massive work therapy, mountains of support from family and friends, a stoic acceptance of life's vicissitudes and an instinctive determination to love again—quickly.

"Three weeks after John's death," Meryl recalls, "a former girl friend of John's materialized from California and reclaimed our apartment. It turned out that she and John had signed a lease together a few years earlier, but had never lived there together. After John died, my brother, Third [Harry III, two years younger than Meryl, and a dancer/choreographer with his own dance company], moved in with me. Then suddenly when this woman appeared, we had to leave. So within a period of three weeks, I not only lost John but our home."

Enter Don Gummer. Tall, dark and handsome, at 31, Don, a friend of Meryl's brother, had been married and divorced from his college sweetheart. At first, Don offered to help Meryl and her brother move their belongings into nearby storage places. But left with excess, he offered to store the remaining articles in his own live-in artist's studio. Once the moving was completed, Meryl left for Washington and Baltimore on location for *The Seduction of Joe Tynan*.

Best kind of therapy

"I did that film on automatic pilot," she recalls. "But it was probably the best kind of therapy because I worked so hard that there was no time to think of anything else. And at night when we finished shooting, I just collapsed into bed and fell asleep. Another help in getting through that period was working with Alan Alda [her co-star] and the whole film crew, who were amazingly warm and supportive."

When Meryl returned to New York two months later, Don was preparing to leave for a trip around the world and offered his loft to Meryl and her brother as temporary living quarters. Lonely, and touched by Gummer's kindness, Meryl took the initiative after he left.

"I started writing to Don while he was away," she recalls. "He and my brother had been friends for years and I had met Don two or three times, but I honestly didn't remember him. We really got to know each other through our letters. Then when he returned to New York, he built me a little room of my own in the loft, and told me I could stay. And twenty minutes later we got married! No, actually, it was two months later. It just seemed right. A lot of men had asked me to marry them, but it had never really seemed right before."

And what is Don Gummer like? Meryl sparkles when she speaks of him. "He's wonderful," she exclaims. "He's like me. I mean, he's very private. And he never says anything he doesn't mean. He's warm, strong, gentle, funny, kind, understanding, very creative. I couldn't live with someone who wasn't creative."

Critics have hailed Meryl as the most important actress of her generation, with a range capable of interpreting virtually any kind of role. During her student days at Vassar and Yale (she won a three-year scholarship to the Yale School of Drama and waited tables to pay her expenses), she literally became an acting legend. And today, her peers in the theatrical world revere her talent to the point of treating her like a queen. Says New York's Public Theater director, Joseph Papp: "Meryl cannot be compared with anyone. She stands very much alone. She is one of those rare actresses who has the capacity to inhabit her characters and make them seem real, not pale imitations. You can see the blood running through her characters."

Yet despite all the lavish praise, there is nothing of the prima donna about Meryl. One finds no signs of battle fatigue. In a profession riddled with competition, jealousy, politics, insecurity and disappointment, she has risen to the top meteorically and emerged seemingly unscathed and with her values intact.

"Why do people feel that you have to be neurotic to be an artist?" she asks indignantly. "I don't understand that concept. I think it's a very nineteenth century idea. If you feel anxious . . . if you feel that you're losing your balance, you stop working. It's as simple as that. I think no matter what you do, whether you're a housewife or have a career, you have to find a way of opting for a sanity break when you need it. Otherwise, you'll end up on a psychiatrist's couch."

Recognizing the limits of her endurance and knowing how to handle stress are safety mechanisms that have helped Meryl stay on an even keel. She has high expectations where her work is concerned. But in terms of her personal life, her expectations are minimal. She makes no demands. She has few preconceived ideals. Instead she tends to accept people and situations as they are, with all their flaws, *(continued)*

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MERYL STREEP

continued

without criticism and without the slightest feeling of being shortchanged. It's a "go with the flow" philosophy.

"My friendships aren't based on any kind of intellectual stimulus," she explains. "I don't seek out my friends. I don't have any particular standards I expect them to meet, so I'm not easily disappointed. They're just people with whom I feel comfortable, people who come into my life naturally." Similarly, the two most important men in her life, John Cazale and Don Gummer, were just there. John, considerably older and not nearly as successful as Meryl, was not a particularly "good catch." Yet Meryl saw something special in him and made the situation work. In other words, instead of feeling that she is missing something "out there," she realizes that life is where she is and is frankly grateful for whatever good she finds that comes her way.

Another basis of her stability is that unlike the stereotyped ambitious actress who comes to New York to slay the career dragons alone, Meryl was born and raised in New Jersey—just across the George Washington Bridge from Manhattan. New York is her home territory. So there was never that alienating sense of being disconnected from her roots.

And every step of the way, she was able to depend on a loving, supportive, close-knit family. "Thank God my family is near, alive and happy," she says. "I've always had lots of supportive people in my life." Fantasy is mostly confined to Meryl's work. In her personal life reality, reason and belief in her natural instincts prevail. "I ride the subway a lot," she says, "and I think all politicians should be forced to ride the subway so that they would be confronted with the reality of life—with the ugliness, with the deprived people who haven't the strength or the inspiration to pull themselves up by their bootstraps, who simply cannot escape the cycle of poverty and despair into which they are born."

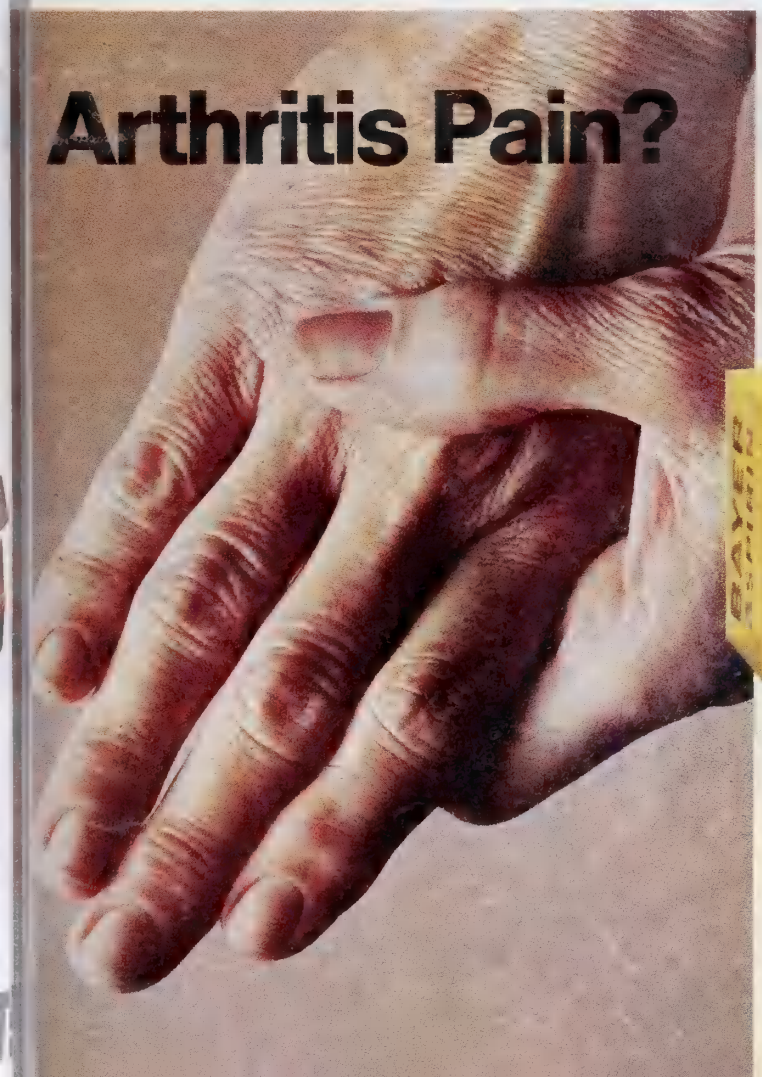
Always aimed for the top

Despite these democratic personal attitudes, however, Meryl's professional attitudes are distinctly elitist. From the beginning, she made it clear that she was aiming for the top and had no intention of settling for anything but the best. Asked recently if she had the drive to sustain her career ambitions, she replied, "What I have is more like overdrive."

Where does the desire to succeed begin? Meryl's ambition grew out of the private hell of an unhappy childhood. Though she was raised in a comfortable, loving home, she remembers her growing up years as an agony of feeling ugly and rejected by her younger brothers and classmates. "Nobody liked me," she recalls with brutal honesty. "I was bossy, prim and determined. I looked middle-aged. The other kids thought I was one of the teachers."

But by the age of 12 she discovered a powerful attention-getting device: She had a beautiful singing voice. And after stunning a school audience with a solo rendition of "O Holy Night," her parents were convinced that her natural coloratura was worth training. Her mother, a commercial artist working at home, and her father, a pharmaceuticals company executive, took her to New York to study with opera singer Beverly Sills' voice teacher, Estelle Liebling. Her voice was Meryl's way of proving she was special.

But the voice wasn't enough. As Meryl says, "There seems to be a crime in this country against not being beautiful." So after four years, boy-crazy and aching to be admired, she gave up the rigors of voice lessons to concentrate on self-improvement. Molding herself in the image of "a magazine knockout," she doused her hair with lemon juice and peroxide, threw away her braces and corrective glasses . . . and within a year, transformed herself from a plain, frizzy-haired misfit into a glossily beautiful teen-ager, who became a high school *(continued)*



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MERYL STREEP

continued

cheerleader, dated one of the school's football players, joined the honor society, was named homecoming queen and became the star of the school's annual musical productions. Looking back, she says, "It was my first successful characterization."

Yet instead of feeling popular and accepted, Meryl continued to feel like an outsider. "I thought that if I looked pretty and did all the 'right things,' everyone would like me," she says. "But the other girls were jealous. The program looked too good. I only had two friends in high school and one of them was my cousin, so that didn't count. Then there's that whole awful kind of competition based on pubescent rivalry for boys. It made me terribly unhappy. My biggest decision every day used to be what clothes I should wear to school. It was ridiculous."

Life changed at Vassar

"When I got to Vassar, my life changed because I met the most wonderful women. So, suddenly I felt accepted by the entire other half of the human race. From the time I entered college until now, I've never felt the need to compete with anyone. That just all went out the window. At Vassar it was commonplace to give your best shot, so that became a habit. I learned to believe in myself. I acquired a genuine sense of identity."

Since her marriage, Meryl has temporarily shelved her hot-as-a-pistol career in favor of nesting and domesticity, devoting herself to marriage and motherhood.

On an average non-filming day, Meryl likes to putter around the house, sifting through an avalanche of scripts submitted as possible projects, and reveling in the 24-hour-a-day companionship of her husband, who works on his large, wood and stone abstract sculptures at home.

Noticeably absent from the trendy New York restaurant-and-party-scene, Meryl and Don are determined to keep the pattern of their lives simple and unpretentious. "During the day, when I'm not working, I like to walk for an hour or two," says Meryl, "just for air and exercise. Or maybe I'll buy something momentous, like one light bulb for the loft."

The couple also enjoys visiting art galleries, reading, listening to music or having friends over for dinner.

"My work has been very important," says Meryl, "because if you want a career, I feel that you have to build a foundation in your twenties. But we wanted to have a child because we felt that not enough people in our circle of friends were having children. Friends of mine from college, who are very accomplished, are delaying children until they are older because of their careers." *(continued)*



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CAROLINE: A KENNEDY IN LOVE

Jackie's daughter is blooming and maturing. The main reason: a romance which is expected to lead to marriage.

There is a crisp nip to the air as Caroline Kennedy strides across Harvard's famous yard. The university, with its venerable history, derives some of its present-day mystique from its association with her father and uncles. Yet, despite this legacy, Caroline has remained indistinguishable from her fellow students. Only recently, on the eve of her graduation, can one detect a palpable change.

Chubby through college, Caroline is newly slim. Her honey-blond hair, once frizzy and unkempt, gleams and falls loosely about her shoulders. Even the jeans and T-shirts she favored are giving way to smart skirt and blazer combinations. Suddenly, this 22-year-old Radcliffe senior seems infused with a confidence, a quiet self-assurance, that was never visible before.

Does her new poise mean that she has come to terms with the celebrity status she loathed but cannot lose? Has she simply left adolescence, its insecurities and rebellions, behind? Or is it that Caroline Kennedy has found the security she needs in the man she has grown to love?

That man is Tom Carney, a soft-spoken New York novelist and free-lance writer, ten years Caroline's senior. He is handsome, athletic-looking and has already forged a reputation as a writer for national magazines such as *Penthouse* and *Esquire*. His first novel, *Daylight Moon*—advertised as "a bold work of scorching sex and savage suspense," a description that "dismays" him—was published last year.

Caroline's relationship with Carney is the first of her romances to hit the gossip columns since she dated Mark Shand in London five years ago. Already the press is speculating that the couple will marry in June, and that they are only waiting until Caroline graduates because her mother, Jackie Onassis, has asked them to delay any wedding plans until then.

But Caroline herself says: "I really don't have any plans to get married. I'm finishing school. I don't know after that."





Caroline Kennedy, 22, on the eve of her graduation (top) and with boyfriend Tom Carney.

Caroline and Carney met in May, 1978, when they were introduced by Mrs. Onassis. Carney had met Mrs. Onassis previously through mutual friends at Doubleday, Inc., the publishing company, where she works as an editor. It was only a matter of months before Caroline and Carney were dating regularly. In August of that year Carney accompanied Caroline and her mother on a vacation to the Caribbean island of St. Martin. More recently, the couple spent Christmas together in Barbados.

It is not surprising that Caroline, whose romantic encounters have been limited to the usual flirtations and dates of a teen-ager, has grown attached to Tom Carney. His interests, his personality, even his background, complement her own.

An Irish Catholic and graduate of Yale, he was raised in a Beverly Hills home that was once owned by Humphrey Bogart and Lauren Bacall. His father, Otis, a novelist, is currently collaborating with Marlon Brando on a film concerning the American Indian. Carney senior operates a cattle ranch in Wyoming, and lives on a second ranch in Arizona with his wife, Fredrika. Tom, whose next novel will be a historical study of the West set in Wyoming, prefers the simple lifestyle he has become accustomed to in New York.

Unassuming in manner and appearance—he often wears jeans, sneakers and blazers—there is a quiet strength about the lanky 31-year-old author.

Mrs. Onassis, who is fond of Tom, has taken an interest in his work and has advised him on a movie script he has co-authored. She also *(continued)*

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approached two of Hollywood's top agents on Carney's behalf in an attempt to sell the script, but was unsuccessful.

Carney's next magazine article is scheduled to appear in a spring issue of *Esquire*. Entitled *Romance: The State of the Art*, it is a humorous look at romance in the abstract with no mention of Carney's relationship with Caroline. In fact, Tom is reserved when asked about his involvement with Caroline.

"Obviously, I am in love with her," he says bashfully. But of the possibilities of marriage: "I can't answer that."

Friends describe Carney as "gentle, patient and perceptive," traits that make him a good writer. Those same traits enable him to get beyond the carapace of reserve around Caroline Kennedy. Tom is the type of man who has a responsible understanding of what it means to be involved with a Kennedy.

Aware of the difference in age between himself and Caroline, he is not pushing for a commitment. It's hard, he has said, to ask a girl not yet out of college to make such a decision.

That Caroline is considerably younger than Tom was never a hurdle for the couple. Carney, who admits to having had serious romances before, found Caroline stimulating company from their first meeting. "She may be a lot younger than I am, but as soon as I met her I thought she was interesting. I liked her very much right from the start."

What exactly was it about her?

"I'm not going to tell you that," he says, laughing.

Carney's ambivalence about giving an interview is obvious. On the one hand, he is extremely protective of Caroline, guarding her personal separateness, buffering her from persistent reporters. On the other, he is a professional journalist and knows how it feels to pursue a story.

"The whole interest in Caroline and me on the part of the press has been stressful," Carney concedes. "I can understand Caroline's reluctance to talk. At the same time I'm uncomfortable about refusing interviews, having been a reporter myself. After all, reporters are nice people, too. It's all rather ironic, really—I'm a bit of a hermit by nature."

Carney's jobs have not been limited to reporting. In fact, his Jack-of-all-trades work history would appear custom-made for some future book-jacket bio. On graduating from Yale—where his grades plummeted in his senior year "because I spent most of my time working on a novel instead of attending class"—Carney landed a job as a cub reporter on a daily newspaper in Los Angeles. He quit shortly afterward to return to Wyoming, where he spent eight months working as a cattle rancher. On the move again, this time to New York, he was employed by Doubleday as a copywriter. (His contacts at the publishers eventually brought him into Jackie Onassis' circle.) At the same time, he ghost wrote a book on acupuncture. "It was a total disaster and I didn't get paid for it," he recalls. Then followed stints of furniture moving and "stuffing envelopes for a charity" to pay the rent, while he free-lanced articles on such esoterica as "the shortage of medical cadavers" and "a woman who saw visions of the Virgin Mary."

Today, he says, being pursued by the press has made him a different kind of writer. "I could no longer produce the kind of article I did on author Tom McGuane for *Esquire*, for example," he admits, explaining that the profile was far more revealing than McGuane would have wanted.

Fast becoming constricted by the encumbrances of celebrity himself, Carney is learning the evasive tactics Caroline's mother has been so adept at practicing.

"Caroline and I are happiest in New York. We both like to keep out of the limelight. Here, we can disappear. We've been to discotheques only twice," he says, adding that he and Caroline have chosen to stay away from chic New York clubs because the few times they went, they were instantly trailed by paparazzi. "This sort of thing can be a terrible burden," explains the young writer. "I don't know yet how to deal with it—it's really rather disagreeable."

Somewhat intimidated

Caroline and Tom spend most of their weekends together, either in Cambridge or in Manhattan when Caroline comes to visit her mother. Carney, who has been a guest at the Kennedy compound in Hyannis Port, Massachusetts, admits he was somewhat intimidated at his first meeting with Mrs. Onassis. But these days he feels comfortable with the family.

Has Carney's entrée into the rarified world of Jacqueline Onassis changed him? Can he mesh with the Kennedy clan? The writer, who has come to know and like the family very much, maintains he can. "I grew up with all the social graces," he says—"even if we did spend some time atop a mountain, in isolation."

The social graces Carney refers to include an ability to feel at ease with women—more so than many men. "I get along well with women. I enjoy them, I like them as friends," he says warmly.

Growing up with two brothers and his parents on an isolated ranch in Wyoming—for a time with no modern amenities—where did Carney learn to relate so well with women? "From my mother," he responds instantly.

The children of the Kennedy clan—the sons, daughters, nieces and nephews of John, Bobby and Ted—are a gregarious, sometimes rambunctious breed who have a fiercely competitive drive in common. Caroline, however, displays some of these traits only occasionally. More often than not, she is quiet, shy and indrawn, a follower rather than a leader. The distinct differences between Caroline and the others may be explained by the fact that she is also the daughter of Jacqueline Bouvier Kennedy Onassis, a woman whose background and tastes contrast with the boisterous Kennedy lifestyle.

Even before Caroline was born, Jackie Kennedy had decided her children would have the same kind of strict, English-style upbringing she herself had. She employed Maude Shaw, a British nanny who helped raise the children of other well-to-do American families.

Recalling Caroline's childhood, Mrs. Shaw paints the daughter of the late President Kennedy as quiet and contemplative. Caroline would keep very much to herself, and only when people took the time to patiently draw her out, could they get close to her.

It was at this young age that Caroline began to develop her dislike for the limelight she could do nothing about. When still a little girl she remarked that photographers follow her "only because I'm Caroline Kennedy."

Of all the factors that have entered into Caroline Kennedy's life in her formative years, the most poignant is the series of tragedies that periodically shattered her young world.

In 1963, the six-year-old child was twice touched by death. First came the loss of Patrick, her awaited baby brother. The infant died from a respiratory disease on August 9, just two days after his birth. Only three months later, the shocking death of the father she adored left Caroline's life in disarray.

It was an older, more aware youngster who once again, in 1968, had her life jarred by assassination—this time the man who had become her surrogate father: Bobby Kennedy. And only a year later, Caroline, then aged 11, mourned the death of her grandfather, Joseph Kennedy.

Perhaps in an effort to de-emphasize the anomaly of her birth and the variegated, often disturbing, events of her life, Caroline's mother insisted that her daughter be treated like every other child at the schools she attended. But with a trail of secret service men constantly hovering outside her classroom, it was difficult, if not impossible, to treat the child as an ordinary student.

By the time Caroline graduated from high school (she attended the Concord Academy, a boarding school in Concord, Massachusetts), her interests were becoming defined. Though as a teen-ager she shunned the trappings of her position—expensive clothing, elegant dining, high society—there were areas in which her mother's influence rubbed off: Caroline's love of the arts and academic en-

(continued on page 163)

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Sex and the American Teen-Ager

What happens when kids make love before they even know how to love? Here's what the experts say about today's young: a generation with too little to look forward to—and too much to regret.
By Kathleen Fury

We started dating at ten—spin-the-bottle parties. By sixth grade we were too old for that. By seventh grade, depending on who you were and who you went out with, there was lots of heavy petting. People started having sex by eighth or ninth grade. I still thought losing your virginity was a big deal when I was in ninth grade. But when I did it last year, while in tenth grade, I realized it didn't feel that way at all.

There are very few other things that symbolize adulthood the way sex does.—A 16-year-old girl.

This girl is the attractive, college-bound daughter of educated, middle-class parents. Ten or 15 years ago, if statistics are any guide, she probably would have remained a virgin at least into the later years of college, and quite possibly until marriage in her 20s. Is her experience typical for teen-agers today?



In the 1950s, the Kinsey studies of human sexual behavior showed that approximately two percent of girls and ten percent of boys had had sexual intercourse by age 16. Recent studies indicate that as many as a third of all girls and nearly half of all boys are sexually active before their sixteenth birthdays. Experts dispute particular studies. But even if a conservative estimate of 15 percent is used (and the 1978 government's Commission on Population did so, stating that 15 percent of all 13 and 14 year olds have had intercourse), that's a dramatic, eightfold increase since Kinsey's day in the number of teen-agers having such early sexual experience.

What are the reasons behind this trend, and what might it mean for today's young teen-agers caught up in it? To learn what it is like to negotiate the difficult years between puberty and "sweet 16," I talked to young people from cities and suburbs on both coasts, as well as a number of adults who work with and study adolescents—sociologists, psychiatrists, counselors, educators. The picture that emerges is one of change—change in teen-agers' sexual attitudes, beliefs and behavior. Some trends seem to have developed with breathtaking speed (and may someday reverse themselves just as quickly), while others occurred at a much more gradual pace.

Biological changes, for example, have been at work slowly but steadily for generations. In 1860, the average girl first menstruated when she was 16 or 17. By 1960, she was more likely to be 12 or 13. This means that 12-year-old girls are physiologically prepared to function sexually and to bear children. Boys, too, mature earlier, though the two-year gap between the sexes (with girls maturing earlier than boys) has remained constant. At least two measurements of male physical maturity—the age at which their voices change and the age when their height spurt begins—now occur at younger ages than in the past.

These changes (which apparently have leveled off at present rates) took place very gradually. The age of first menstruation, for example, dropped at the snail-like pace of about four months per decade for at least a century. Few experts believe that this gradual change in early maturation is the reason for the trend toward early sexual activity, which developed much more recently and with relative suddenness. They suspect that more complex factors are at work, and that one of them is the changing role of the family in teen-agers' lives.

Our parents were brought up differently. They don't understand how it is for us. In their day, everything about sex was slower, more hidden. Also, they were more family-oriented. I invited a friend to our house for Thanksgiving dinner last year, and my father just could not understand why she wasn't with her own family. Sometimes I *(continued)*

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Sex and the Teen-Ager

continued

wish it were more like that.—A 14-year-old girl

Clues to how parents affect teen-agers' sexual decisions can be found in a 197 study by demographers John F. Kantne and Melvin Zelnik of Johns Hopkins Uni versity. Young, white, teen-age girls liv ing in fatherless families, the researcher found, were 60 percent more likely t have had intercourse than those living i two-parent homes. Further, even amon those living in two-parent families, th girls who said they confided in their pa ents were "substantially less likely" t have had intercourse than those with lit tle parental communication—an effec that did not hold true once the girls wer over the age of 16 or so. It's clear, then that there is some relationship betwee family closeness and the younger teen ager's willingness to have intercourse.

University of Chicago sociologist Dr James S. Coleman, who's the author o *Adolescent Society* and former chairma of the Panel on Youth of the President' Science Advisory Committee, believe that the family's role—or lack of it—i crucial. "Adolescents have a special nee for close and intimate relationships wit one or more other persons, and that nee is being fulfilled by families much les often than it used to be." (Surveys o sexually active teen-agers reveal that mos prefer a relationship that feels close an loving and regard promiscuity with dis taste.)

"Parents are much more involved, so cially, with people their own age than the used to be," says Coleman. "The resul has been a tendency for parents to leav their children alone, to let them be as fre as possible as soon as they seem ol enough. And that, of course, can leav some children lonely." (A 15-year-old bo told me, "I feel like I'll be a totally dif ferent person after I've had intercourse That means you're really accepted b *some*body, at least for a little while.")

To fill the vacuum, Coleman believe some teen-agers turn with even greate intensity than they otherwise would t their peers. Concern over what friend are doing becomes even more important

> I'm a virgin. Isn't it pathetic? I don't think any of my friends are. They don't criticize me, but it's like a barrier between them and me. Like they know something I don't. It makes me feel left out. I'm definitely going to do it before my seventeenth birthday. I don't know with who. I'm looking forward to being able to tell all my friends. Guess what! Look what I did!—A 16-year-old girl

Teen-agers today face a kind of "reverse peer pressure"—pressure to lose, rather than keep, one's virginity. The pressure is

(continued on page 155)

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Was The Baby We Loved Too Little to Live?

BY DONNA AMIS WITH LOIS DUNCAN





"Matthew seems like other three year olds. But what he's been through makes him special."



"I think congratulations may be in order, Mrs. Amis," the doctor announced. "I can't be positive until we've run some tests, but from all appearances I'd say you're about five months pregnant."

I knew he expected a joyful response. I could not give one.

"That can't be true," I told him flatly. "I'm sterile. My right ovary was removed ten years ago, and I was treated with extensive radiation. If there's anything growing inside me now, it has to be another tumor."

The doctor's smile faded. "I didn't know that part of your history," he said gravely. "I'll need to get your records from the doctor who performed your surgery. Meanwhile, I'll schedule a sonogram. That will show us what's really happening."

Back in the reception room I clung tightly to my self-control. I phoned my sister-in-law, Karen, who lives in the same area of San Francisco, and asked her to come and get me. Once in her car, however, I burst into such a siege of weeping that she had to pull off the road.

"It's like living through the same nightmare twice!" I sobbed. "This is the second doctor to tell me I'm having a baby!"

The general practitioner I had gone to at 16, complaining of irregular periods, exhaustion and a strange pressure in my abdomen, not only had told me I was pregnant but had "confirmed" this with laboratory tests. Thank heaven my parents believed me when I insisted I was still a virgin. They took me to a gynecologist who discovered a large, malignant tumor. I was immediately scheduled for surgery, and the doctor removed the tumor and my right ovary. For months afterward I went in after school every day for X-ray treatments so intense that they burned my skin. Although the doctor didn't want to upset me, she confided to my parents that my remaining ovary would be permanently paralyzed and that I'd probably never menstruate again.

This was confirmed by another gynecologist six years later when my longtime boy friend, Albie, and I decided to be married.

"With your history," that doctor told me, "you will never be able to conceive."

"But what if I did?" I asked. "Would the baby be normal? Would there be any way to tell if it wasn't?"

"There are tests that can be made early in pregnancy," the doctor said vaguely. "But that's the last thing you need to be concerned about. You're sterile, Donna. You can't build a marriage on daydreams. Just accept the fact that you and Albie will have to adopt children."

So, there I was, at age 26, with the identical symptoms I'd experienced ten years before, and *another* doctor was diagnosing pregnancy. If I hadn't been so frightened, it might even have seemed funny. I was sure, *(continued)*

Photographs by Flyse Lewin

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Too Little To Live?

continued

though, of what the tests would show. There was another tumor, probably malignant like the one before. The best I had to look forward to was a complete hysterectomy.

Karen calmed me as well as she could and drove me home, where she helped to break the news to my family. My mother died when I was 19, but I was very close to my father, my older brother David (Karen's husband), my sister Cecelia and brother Fred. Without their emotional support the next few days would have been unendurable. Not only did Albie and I have my physical condition to worry about, but we were concerned about our shaky financial position as well.

I had recently switched from full-time to part-time status at work, which meant that I was no longer eligible for company insurance coverage, and Albie had not yet gotten around to adding me to *his* policy. My father took out a loan against his life insurance to pay for the upcoming medical expenses.

"If you were able to have my grandchild, it would be the happiest day of my life," he told me. "But if that's not to be, then we'll just get this thing over with and keep going. Don't you worry, honey. Everything's going to be all right."

The day I was scheduled for the sonogram (a diagnostic test using sound) Albie couldn't get off from work, so my father and Karen went with me. They waited in the outer office while the doctor applied a lubricant and ran a microphone-like device back and forth across my abdomen. On a small screen across from me, I could see a pulsing dot surrounded by what looked like cobwebs.

The doctor directed my attention to the dot.

"See that?" he said with satisfaction. "It's your baby's heart. The reason the picture is moving like this is because he has hiccups."

The rest of the day is a blur in my memory. I had never been so excited, thrilled and bewildered all at once. Just three months before, on January 7, Karen had given birth to my niece, Elizabeth. I had lived through every moment of Karen's pregnancy with her and had even left work to be with her at the hospital. Being an aunt, I had told myself, was the closest I would get to motherhood.

Incredible idea

Discouraged by the five-year waiting list and the realization that we would be competing with couples much better qualified financially, Albie and I had decided against adoption. It was hard, but we had adjusted to the fact that we would never be parents.

But now the doctor was saying we would be! The whole idea was incredible. Way back on New Year's Eve when I had been cautioning Karen about not overdoing it, I had been two months pregnant myself without even realizing it!

The one person who was not totally delighted with the news was Albie. He wanted a child as much as I did, but he was concerned about the effect of my repeated radiation exposure. The tests that might have indicated a birth defect would be useless now, since five months was too far along for an abortion. I wouldn't have agreed to one anyway. No matter what problems might lie ahead, I was determined that our baby have a chance at life.

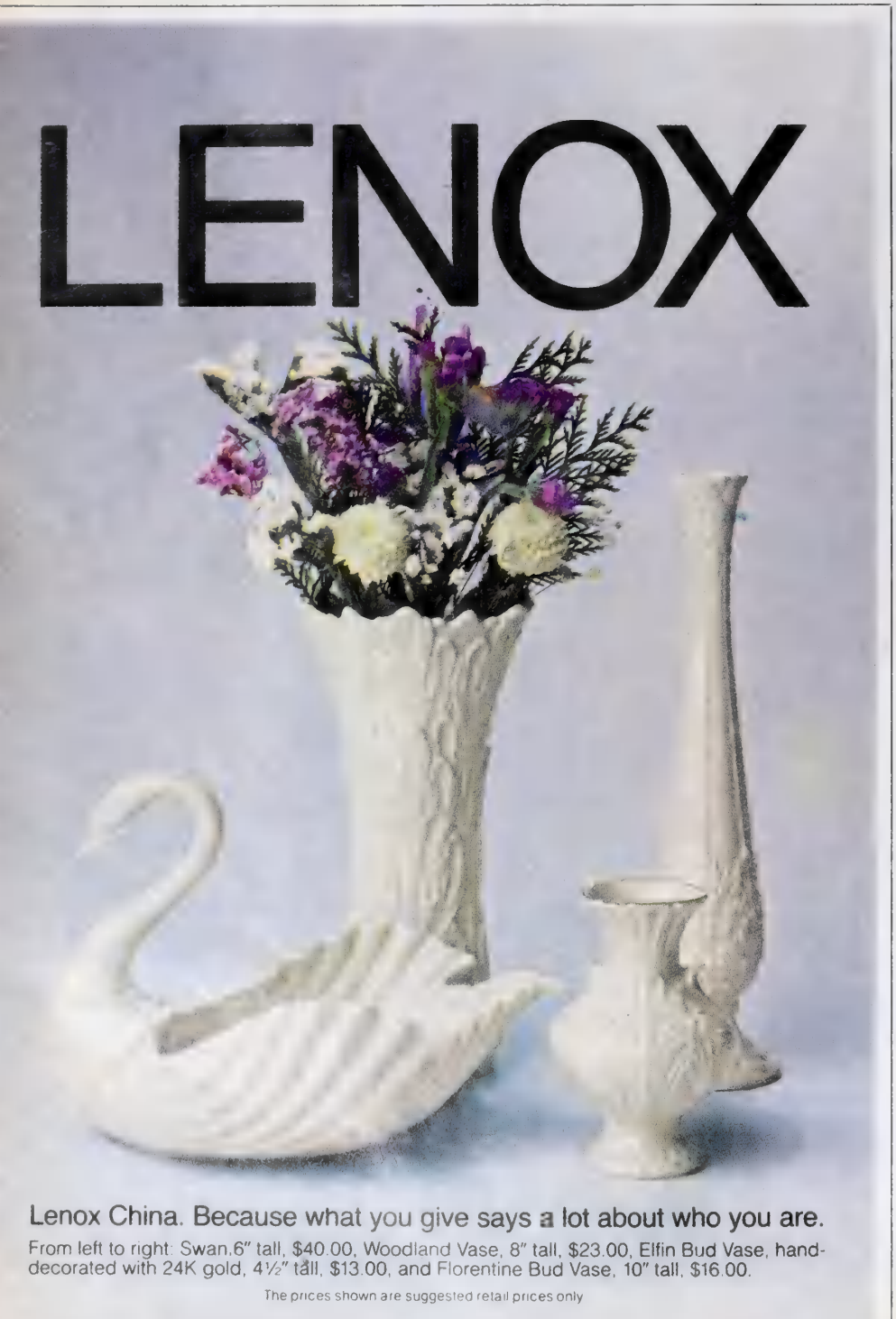
Worried as he was, Albie agreed with me. It was he who decided that if the baby was a boy we would name him "Matthew" because it meant "God's gracious gift."

My pregnancy, as I was aware of it, was a short one. I never even had a chance to buy a maternity smock. On May 13, three weeks after the sonogram, and 14 weeks before the baby was due to be born, I began to have cramps.

"Maybe it's labor," a girl I worked with said jokingly.

I tried to laugh at the suggestion, but I felt an odd twist of fear. What if it *was*? But it couldn't be. Pregnant women were always experiencing aches and pains. God wouldn't hand us a "gracious gift" only to snatch it away again.

We had dinner that night *(continued)*



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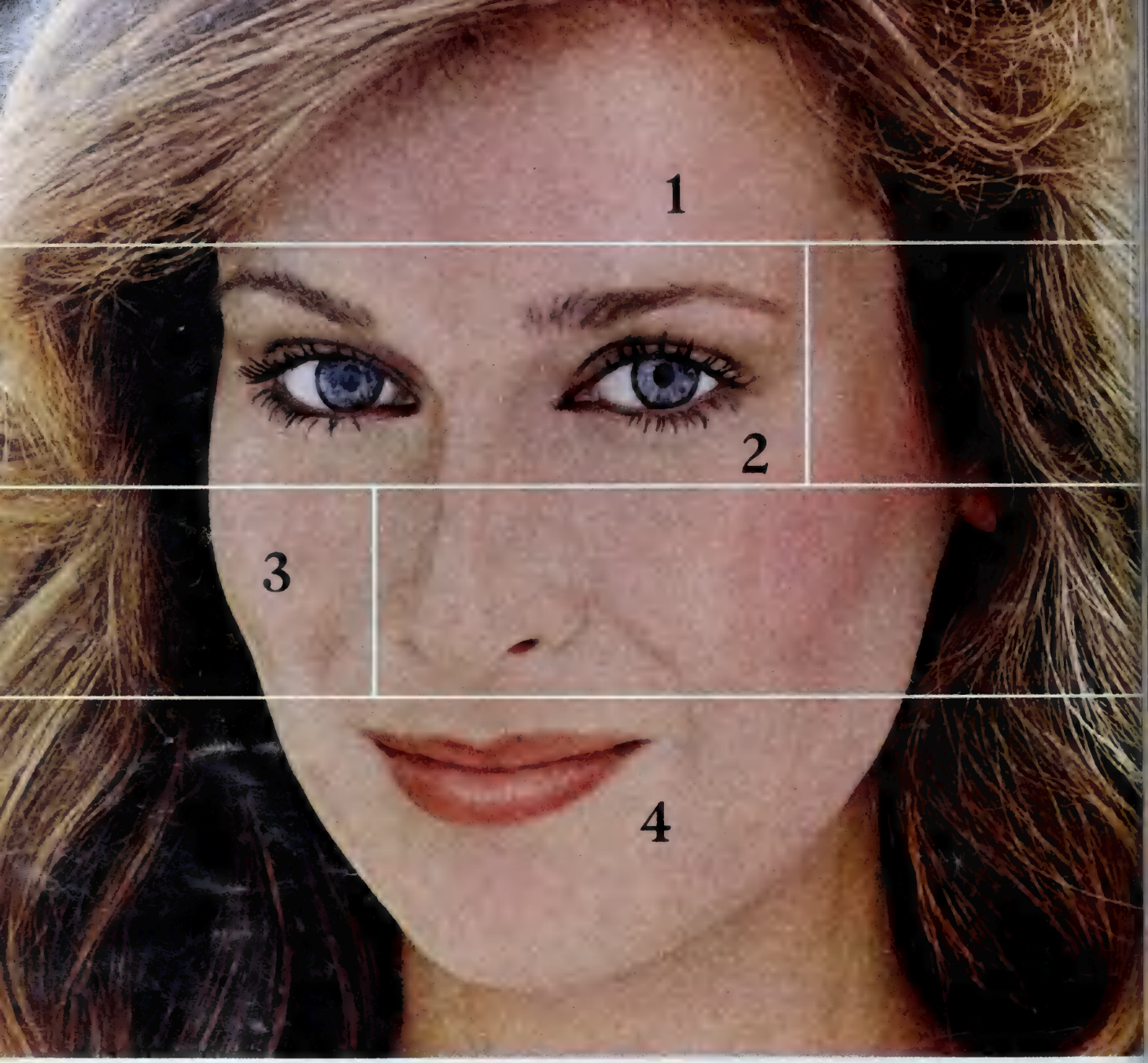




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Too Little To Live?

continued

at my aunt's home. After the meal, Albie and my brother David went down to the basement to practice their guitars, and the rest of the family got into a card game. I said I didn't feel like playing.

All through the game, my aunt kept glancing over at me suspiciously.

"Are you having pains?" she asked. "You keep curling up your toes like something hurts you."

"That's ridiculous," I said, but I was becoming really frightened. The pains were stronger and coming more frequently.

At 11 P.M. Albie insisted on taking me to the hospital.

"We can't have the baby arriving right here in the living room," he told me.

"What's the difference?" I asked miserably. "Here or in the hospital, it's all the same. A five-month-old baby isn't going to survive no matter where it is."

"Maybe not," Albie said gently. "But at least at the hospital we'll know *you'll* be taken care of."

Two hours later, at St. Luke's Hospital in San Francisco, our son Matthew entered the world. He weighed one and a half pounds and measured 14 inches.

"Is it a boy or a girl?" I asked the doctor as he was putting in my stitches.

"I don't know," he said. "I'll find out for you."

"Did it cry?" I asked a nurse. She shook her head, offering no sign of hope.

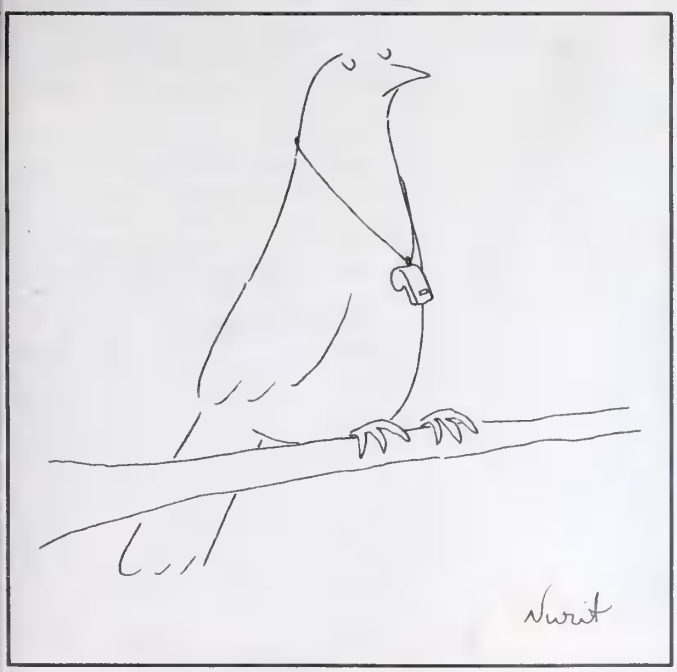
Later the doctor left for a time and came back to tell me I had borne a son. Not that this mattered to me by then. It was obvious that the baby had been stillborn. I closed my eyes tightly in a struggle to hold back the tears.

I was wheeled to the recovery room and given a shot to make me sleep. The next I knew Albie was standing by my bed.

"They're taking the baby to the intensive care nursery at Mt. Zion," he told me. "Your father and I are going to follow the ambulance over."

"They're *what*?" I whispered incredulously. "You mean he's alive?"

"Sure, he's alive," Albie said heartily. "A neonatal unit has been working over him for hours. They've got a heart monitor on him and a tube down his throat to help him breathe. It looks like he's going to make it." *(continued)*





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Too Little To Live?

continued

I'm sure that everyone who has ever lost a loved one has dreamed of experiencing a miracle, of having someone walk in and say, "It's all a big mistake. He isn't really dead at all." Now, I was living that dream in reality. The child I thought I had lost was being restored to me. I was giddy with relief and happiness, emotionally exhausted and drifting in a state of euphoria. I remained that way until the following day when Albie came breezing in to present me with a snapshot.

All I could do was stare at it in horror.

"You haven't been showing this to people, have you?" I gasped.

"Sure, I have," he said, surprised at my reaction. Then he went on to say that he had been busy handing out cigars and showing Matthew's picture to everyone in sight.

"But he doesn't even look like a baby!" I protested. "He's like a poor little animal. You can't show a picture like this to people and expect them to congratulate you!"

"He's our son!" Albie said. "Of course I expect them to congratulate me." He was as much the proud father as if the pathetic, wizened scrap of humanity in the photograph was a bouncing, round cheeked, full-term infant like Elizabeth.

Two days later I was discharged from St. Luke's and was able to visit Matthew in person. The reality was even more horrifying than the picture. Matthew lay naked in a tiny bed in Mt. Zion's intensive care nursery. There were wires and tubes coming out of every part of him. His head was the size and color of a ripe plum, and his outstretched legs were like pencils. He looked as though he had been crushed by some great machine.

Fear and guilt

I wish I could say that despite his appearance I was instantly flooded with a great surge of mother love. I wasn't. Instead, my main emotions were fear, revulsion and guilt for having brought this tiny, broken creature into a world for which he was so ill-prepared. I felt overwhelming pity, not only for him, but for myself. How much better it would have been if I had never become pregnant at all! Albie might be able to fool himself that this half-developed fetus was going to live and grow, that the bruises would leave its body and the scrawny legs and arms get pink and chubby. I knew better. This was a little robot with a tube for breathing, a tube for nourishment; it would never be able to survive apart from this machinery. The doctors kept saying not to get my hopes up. They were right. The situation was hopeless—totally, totally hopeless.

"Touch him," Albie begged me. "Let his hand curl around your finger."

"I'm afraid to," I said. "I might disturb a wire or something."

My visit was short. I had to get home where I could cry.

By morning, however, I was feeling differently. Throughout the long night, I had tried to sort out my thoughts and emotions. My conclusion was that if God had let Matthew be conceived in the first place, He must have done so for a purpose. He would not take him from us until that purpose was achieved. This was our son, and he needed us desperately. If I didn't love him now, I would learn to.

And I did.

This happened soon—much sooner than I ever would have anticipated. Once the initial shock was behind me, I was able to stand for longer periods at the respirator, getting used to the look of our child. Every morning before I went to work, I took the bus to Mt. Zion, and every evening when his workday was over, Albie made a visit. At the end of the first week a nurse asked me if I would rub some cream into Matthew's skin. The heat lamp over the bed was drying and cracking it.

Hesitantly I began to handle the pipestem limbs. My reaction was instantaneous. I wanted to hold him! I couldn't, of course; he was taped down to the bed so that the wires and tubes would not be knocked out of place. The cream rubbing—as small a thing *(continued)*

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Too Little To Live?

continued

as it was—began to be very important to me. It was the only physical contact I had with our tiny son.

The nurses were marvelous. They spoke and acted as though Matthew were a darling, cute, adorable baby without a problem in the world. In this accepting atmosphere, I began to have the same feeling. I looked at the other babies in incubators and cribs throughout the nursery, and none of them looked much different from Matthew. Their little heads were elongated and flattened on one side from being taped in one position, but the nurses assured the parents that this would change as they grew.

There was a lot of drama at Mt. Zion's intensive care nursery. Sometimes a child would stop breathing. When this happened, an alarm would go off and a nurse would race to his side and begin to shake him. The respiratory system in a premature baby is so tiny that when breathing stops, even for an instant, the heart stops as well. Twice this happened to Matthew. Twice I watched as he was rescued. The baby in the crib on Matthew's right died. So did the one on his left. We were never without fear.

Once while I was standing by his bedside, I saw that his eyes were open and staring right at me. I asked a resident doctor, "Do you think he can see me?"

"Yes," he told me, and then added in an offhand manner, "He still might go blind, I hope you realize. Oxygen can do that to preemies."

My stomach went tight, but I swallowed hard and said nothing. I was learning to let each new worry lie quiet a while before I faced it. I found that I was able to handle things better this way.

Dr. Roberta Ballard, the nursery director, must have seen my expression, for she followed me out into the hall as I was leaving.

"What was it he told you?" she asked.

"Oh," I tried to keep my voice casual, "only that Matthew may eventually go blind."

"There's little chance of that," she told me briskly. "Our babies all get eye checks before they're released, and we follow up with regular checkups. Even if there does turn out to be oxygen blindness, there's an operation now that can repair it. In all my time in practice, I've only seen blindness occur twice."

On July 3, almost two months after his birth, Matthew was removed from the respirator. He still needed extra oxygen, but his lungs were strong enough to work on their own. This was a red-letter event, for it meant that Albie and I now were able to hold him. Suddenly he stopped being the hospital's baby and became truly ours.

After that one night of soul-searching, I never again had any real doubt that Matthew would survive. It was as though God had a plan for him and was helping him at every turn. Each new threat was quickly put to rest. Matthew had a heart murmur that might have required surgery, but the faulty duct closed on its own. The doctors were concerned that he might develop hernias. He didn't. He was still being fed using a tube through his navel and was not gaining weight very rapidly, but he was healthy.

Each time we visited, Albie and I inquired first about his breathing. In the respirator, Matthew had been receiving air that contained up to 50 percent oxygen—air in an ordinary room is composed of 21 percent oxygen. As time passed he continued to require 28 percent oxygen, no matter how normally he developed otherwise. We were told about one baby in a similar situation who had remained hospitalized for 18 months. We could not bear to think of our son celebrating his first birthday in a hospital.

Finally, when he was eight months old and weighed ten pounds, the doctors let him come home with us. He was greeted with much fanfare, and we were greeted with a $150,000 medical bill. Luckily for us, Albie's insurance and two state programs covered the entire amount.

Our problems didn't end once we were home. Matthew still depended on his oxygen tank, which was equipped with a 50-foot hose so we could carry him from room to room. At night he slept in an oxygen tent. We slowly weaned him to normal air, starting with an hour of exposure three times a day and gradually extending the time. Ten months later he was off the supplemental oxygen for good.

Matthew today

Today Matthew is three years old, a bright, happy, outgoing little boy with few real problems. He is smaller than average and his muscle development is a bit behind that of other children his age, but we were told to expect that. He also wears glasses, not because of oxygen damage, but because he is nearsighted like his mother. Despite some scars on his lungs, he is in excellent health.

On the surface Matthew appears to be like any other three year old, playing with his toys, romping with his cousins, pedaling his tricycle. To Albie and me, however, he seems to have an inner strength that makes him special. Matthew is a fighter. He made it into this world against great odds, and now that he's here, we feel he will be able to cope with anything that comes along.

To us he is indeed "God's gracious gift." We feel blessed to have been the ones to receive him. **End**

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The Secret Recipes of Ireland

Eight glorious recipes to help you celebrate St. Patrick's Day

By William M. Fine "Cookery," as they call it there, is as old as Ireland. It is secretive, legendary and zestful.

It is also very Irish. Ireland's recipes grew up on primitive stoves and fireplace stew pots. They always called for natural ingredients: rich, rich butter; thick, almost Welsh-like cream. Until recently, "un-hung" meats. An abundance of lamb, beef, fresh salmon, sea trout, potatoes, berries of every description that found their way into rich jams and jellies.

Western Ireland cooking is probably best, *(continued)*

Photograph by Irwin Horowitz





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Secret Recipes of Ireland

continued

but some of their oldest "secret" recipes were the hardest to come by. They existed scribbled into family bibles, on bits and scraps of paper in sewing boxes, tucked into beribboned stacks of love letters, in tattered notebooks, but mostly in the heads of some of the oldest women.

In answer to "and why would you be wanting this recipe?" there was only one reply.

Americans love Ireland and the Irish. More of us have gone there every single year since 1964, looking for our roots, looking for yesterday, being reassured about tomorrow. Ireland is very basic in everything it does. They may complicate directions when you ask for the shortest route to somewhere, but only because *they* save time, by making time, for living. The Irish live with a philosopher's wit and, long ago, learned to paint pictures with words.

Joe Malone, Director General of Irish Tourism, says Americans of all backgrounds seem to find some of their past in Ireland, and its cooking seems to remind everyone of "something Grandma served when we were young."

The Irish also "celebrate" with their cooking—taking the long way around "to bring out the flavor and give a body and soul the nourishment it craves."

In sifting through 100 recipes, these eight seemed most representative of the real secrets of good Irish cooking. None of these recipes (see below) have ever appeared in print—and took an enormous amount of coaxing and patience to wheedle them away from their proud possessors.

COLD FILLET OF BEEF
From Evelyn Palmer, Oughterard, Co. Galway
pictured on page 72

¼ cup butter or margarine
1 carrot, chopped
1 rib celery, chopped
1 onion, chopped
2 lbs. fillet of beef
½ lb. thick-sliced bacon, cut into 1-inch pieces
1 garlic clove, crushed
1 container (8 oz.) sour cream
1 tablespoon grated onion
1 tablespoon chopped chives
1 tablespoon chopped watercress
Salt and pepper, to taste
Additional watercress for garnish

Preheat oven to 500°F. In large skillet melt butter or margarine. Add carrot, celery and onion. Sauté for 10 minutes or until soft; spoon into roasting pan. Place beef on vegetables and roast for 20 minutes for rare, or longer for medium, depending on how well done you like it. Let cool in pan for one hour (see Ed. Note below). Transfer meat to serving dish (reserve juices).

Sour Cream Sauce: Cook bacon in a skillet for 2 to 3 minutes. Add garlic and continue cooking until bacon is crisp. Remove bacon with slotted spoon and drain on paper towel.

In a bowl combine sour cream with 1½ teaspoons of strained meat juice, grated onion, chopped chives, watercress, salt and pepper until well mixed. Just before serving, stir bacon into sour cream sauce. Slice meat and top with sour cream sauce. Garnish with watercress. Makes 6 servings, about 610 calories each with sauce.

ED. NOTE: The vegetables dry up during roasting but they act as a rack for the meat and provide flavor. They should be discarded.

UPSIDE DOWN APPLE PIE
From Mrs. Margaret Doyle, Dublin
pictured on page 72

¼ cup butter or margarine, cut up
1 cup confectioners' sugar
2 pounds golden delicious apples (about 6 large apples)
1 sheet frozen puff pastry, or 3 frozen patty shells
1 egg yolk, beaten
Whipped cream, for garnish

Generously butter an 8- or 9-inch ovenproof skillet; sprinkle sugar into it.

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Peel, core and cut apples into eighths. Overlap in skillet in concentric circles. Add the remaining butter or margarine and place skillet directly on burner over medium heat to carmelize the sugar. Carefully check that sugar carmelizes evenly without burning. Shake skillet occasionally and, if necessary, move skillet from side to side of burner to obtain even browning. This process takes about 20 minutes. Let cool.

Preheat oven to 425°F. Thaw puff pastry according to package directions. Trim pastry to an 8- or 9-inch circle and place over apples. Or, using patty shells, press edges together and roll out on a floured surface to 9-inch circle. Place over apples. Brush pastry with beaten egg yolk. Bake 20 to 25 minutes. Invert onto platter; serve with apples on top. Serve with whipped cream. Makes 6 servings, about 290 calories each, without cream.

GUINNESS CAKE
From Miranda Guinness (Lady Iveagh)
pictured on page 72

1 cup butter or margarine
1 cup packed light brown sugar
4 eggs
2¼ cups unsifted all-purpose flour
½ teaspoon nutmeg
½ teaspoon allspice
½ teaspoon mace
½ teaspoon ground cardamom
1½ cups seedless raisins
1½ cups sultana raisins or currants
½ cup mixed peel
¾ cup chopped walnuts
½ cup candied cherries, chopped
1⅓ cups stout

Preheat oven to 325°F. Grease an 8-inch springform pan. In medium bowl cream the butter or margarine and sugar until light. Gradually add the eggs, beating until light and fluffy. Add the flour and spices and continue beating until just combined. Fold in raisins, sultanas, mixed peel, walnuts and cherries. Mix together well. Pour in ¼ cup stout and mix well. Pour into pan and bake for 1 hour. Reduce heat to 300°F. and bake for another 30 minutes. Allow to cool on wire rack.

Remove from pan. Prick the bottom of the cake with a skewer and spoon on the remaining stout. Keep the cake 1 week before eating to age. If desired, spoon another ½ cup of stout over cake before serving. Makes 16 servings, about 390 calories each.

COD FILLET IN PINEAPPLE SAUCE
From Nancy Fitzgerald,
Knockraha, Co. Cork

1½ pounds cod fillet
¼ teaspoon salt
¼ teaspoon pepper
Stuffing
1 cup fresh bread crumbs
1 small onion, chopped
2 tablespoons butter or margarine
1 tablespoon chopped parsley
¼ teaspoon salt
⅛ teaspoon pepper
Pineapple Sauce
2 tablespoons salad oil
1 onion, chopped
2 tablespoons brown sugar
1 can (8 oz.) pineapple chunks, drained
1 tablespoon vinegar
2 teaspoons cornstarch
Tomato, orange or lemon slices, for garnish.

Preheat oven to 375°F. Cut fillet into 4 pieces and put into greased baking dish; sprinkle with salt and pepper.

Combine all stuffing ingredients and place a portion on each piece of fish. Bake 20 to 25 minutes.

Pineapple Sauce: Meanwhile, in saucepan heat oil. Add onion and sauté for 5 minutes. Stir in brown sugar and pineapple; combine vinegar and cornstarch and add to pineapple. Cook, stirring until blended and thickened.

Arrange cod portions on hot serving dish. Pour pineapple sauce over and garnish, if desired. Makes 4 servings, about 350 calories each.

POTATO CAKES
From Michael Keogh's Peacock Hotel,
Maam Cross

½ lb. peeled and cooked potatoes
½ cup unsifted all-purpose flour
1 tablespoon butter
¼ teaspoon salt
¼ teaspoon double-acting baking powder
Milk (optional)
2 tablespoons salad oil

Place potatoes in bowl; *(continued)*

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Betty Crocker SuperMoist®
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1 package SuperMoist devils food cake mix
½ cup margarine or butter, softened
¼ cup packed brown sugar
¼ cup water
2 eggs
¾ cup finely chopped nuts
1 container Creamy Deluxe® chocolate ready-to-spread frosting
½ cup finely chopped nuts

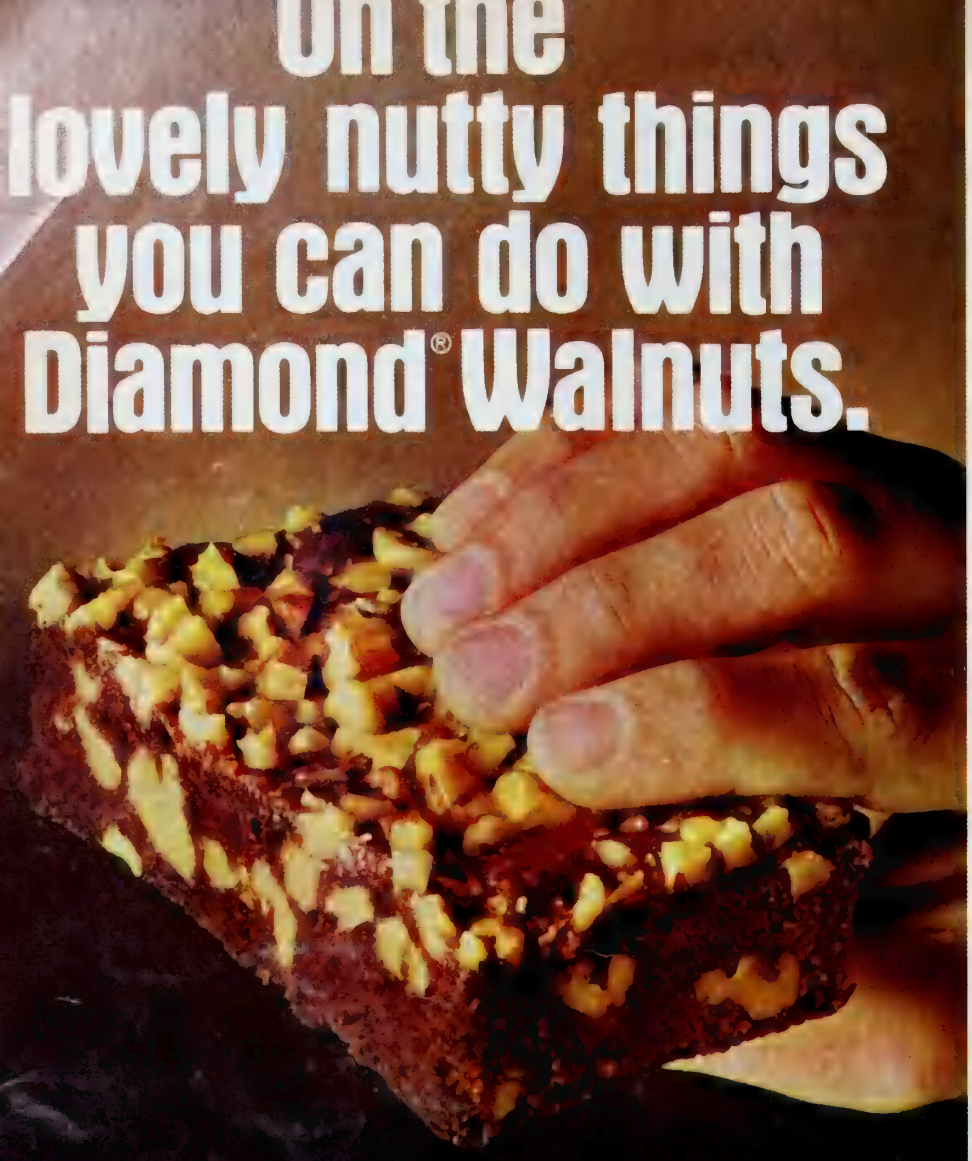
Heat oven to 375°. Grease and flour baking pan, 13x9x2 inches. Mix about half of the cake mix (dry), the margarine, brown sugar, water and eggs in large bowl until smooth. Stir in remaining cake mix and ¾ cup nuts. Spread evenly in pan. Bake until top feels firm when touched, 25 to 30 minutes (do not overbake). Run knife around edges while warm to loosen sides. Cool; spread with frosting. Sprinkle with ½ cup nuts. Cut into bars, about 3x1½ inches. 2 dozen bars.

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.

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Crunchy Diamond Walnuts and chocolate syrup give these moist brownies a rich new taste.

Chocolate Syrup Brownies

1 cup Diamond Walnuts
1 cup sifted all-purpose flour
½ tsp. baking powder
½ cup soft butter or margarine
¾ cup brown sugar, packed
1 large egg
1 tsp. vanilla
1 can (5.5 oz.) chocolate syrup

Chop ¾ cup walnuts coarsely; remainder fine for tops of brownies. Resift flour with baking powder. Combine butter, sugar, egg and vanilla; beat well. (Mixture will appear slightly curdled.) Stir in chocolate syrup then flour mixture. Add coarsely chopped walnuts. Turn into greased 8-in. square baking pan; spread level. Sprinkle with finer walnuts.

Bake at 350° F. about 50 min., until top springs back when touched lightly, and pick inserted in center comes out clean. Cool in pan. Cut into squares or bars to serve. Makes 1 (8-in.) square.



Secret Recipes of Ireland

continued

mash with potato masher or put through a food mill. Add remaining ingredients except milk and oil. Mix to a smooth dough, adding a little milk if necessary. Turn onto floured board, knead until smooth.

Divide dough in half. Roll each half into a circle ¼-inch thick. Cut each circle into 8 wedges. Heat oil in skillet. Cook wedges over medium-high heat until nicely browned on both sides, about 3 minutes. Drain on paper towels. Makes 16, about 45 calories each.

KIDNEYS IN MUSTARD CREAM SAUCE
From Niamh O'Sullivan, Killiney, Ireland

8 lamb kidneys, split, cored and skinned*
¼ cup butter or margarine
¾ teaspoon salt
¼ teaspoon freshly ground pepper
2 teaspoons flour
½ cup heavy or whipping cream
2 teaspoons prepared English or brown mustard

Slice each kidney into 4 pieces. Melt butter or margarine in skillet, add kidneys and cook for 5 minutes, stirring constantly. (Do not overcook.) Season with salt and pepper, sprinkle in flour. Stir to blend the flour until sauce is smooth. Add cream and mustard and continue cooking until sauce thickens and begins to boil. Serve over hot cooked rice or hot buttered toast. Makes 4 servings, about 330 calories each serving without rice or toast.

*Have butcher do this for you. If not

(continued on page 155)



Miranda Guinness (Lady Iveagh), whose recipe is the Guinness Cake (page 75).

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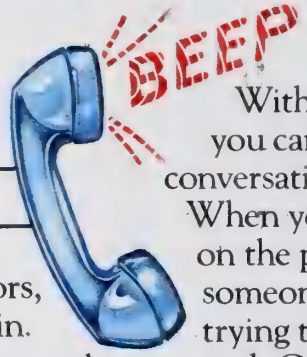
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IT'S FOR YOU

Why Men Need Love More Than Women Do

Is it possible that behind every man—no matter how strong and independent—is a woman he can't live without? The best-selling author of *My Mother/My Self* and the forthcoming *Men In Love* explores the secret needs of today's men.

By Nancy Friday



Before I could write about men I had to find a way into their psyche, a key to unlock their most intimate secrets. Writing about women had taught me that sexual fantasies are like X-rays of our erotic selves. If what I wanted to know now was what men are really like, how they express their love for women, where their anger with women comes from and how it is expressed, I knew no more revealing road than the study of men's sexual fantasies. The result is *Men In Love*, my latest book.

The work has been a revelation to me, leading to a conclusion I could never have anticipated. After close analysis of over 4,000 male erotic fantasies, done with the help of learned and wise psychoanalysts and psychiatrists, to my own astonishment I now believe that *men are the more loving sex*.

Does that surprise you? I can assure you, it was totally unexpected to me. When I was growing up my mother taught me, by word and example, society's expectations: Women should be more loving than men. Her lesson was that all our negative emotions must be held back and hidden. Anger was a particularly dangerous feeling because its release could lose you the very relationships that are as precious as life itself: relationships with men.

It's much better, we were taught, to keep silent about our frustrations and disappointments, to swallow our rage. And so, we turn this anger against ourselves until it poisons into migraines, depression or even more serious illnesses. But now I understand that women are not more loving—just more frightened.

Hadn't I been haunted all my life by a little girl's voice within that said women needed men—I needed men—more than men needed us? A man could always go off to Singapore or drink alone in a bar, but a woman ceases to exist in her own eyes once her man leaves her.

Many of today's young girls are taught that they can find fulfillment in a career. But they are growing up with what sociologists call a "double agenda," because they are still raised to feel that their real fulfillment and security is not in themselves but in their partnerships with men, and that those partnerships are fragile, kept together only with the glue of smiles, helplessness, sweetness and repressed furies. Is that the way of a grown woman or the way of a child? Is that love or dependency?

I watch the determination with which some women today are trying to build lives of their own without men (who never lived up to their expectations anyway). I can understand the sense of freedom born of ridding oneself of the childish and, ultimately, false security that comes from binding oneself to a man. But I no longer believe that men could abandon women so swiftly. An individual woman, yes, but not women as a whole. In fact, my research has persuaded me that men want women more than the other way around. To satisfy their love, need, dependency, lust and desire, men will give up more than women will.

This seems to fly in the face of usual perceptions. In our society men are brought up to find security in themselves, to strive to make their mark in the world. It may be nice to have a woman along, but it's not necessary. Conversely, if men are raised for achievement, to fly the Atlantic alone, women are trained for partnership, to help him in his pursuits. The personnel manager at AT&T told me that one of the problems in promoting women is that if a better job means earning a higher salary than her husband, the woman becomes uneasy. Although money is important, her relationships are more important.

If, despite this, I now say that men love women more than women love men, it is because as long as women are brought up to think they will die if a man leaves them, *they are not making their choices out of love but out of dependency*. The frightened woman will cling to *(continued)*

Photographs: man by Four by Five; woman by Garry Gross.

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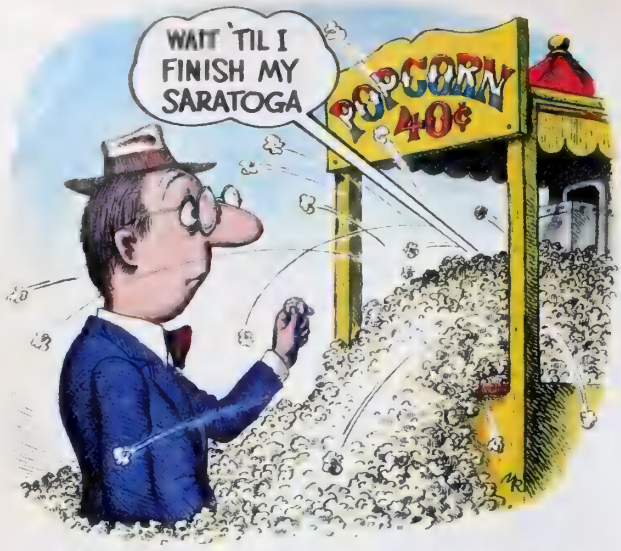
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Why Men Need Love

continued

the husband she hates and who hates her. She may call it love. Would you? In any meaningful definition of the word, only the autonomous person can love. "Hold me tighter," women cry when men offer love, "never let me go, promise you will love me tomorrow as much as you do today." They are unable to find in any man's arms the kind of iron security that dependent people need. The question I have come to in my new thinking about women and men is this: Is it the man whom the woman really wants, or does she desire the relief from anxiety that he symbolizes?

When women can get their emotional needs satisfied elsewhere, don't they often put the man in second place? Take the familiar picture of a woman who has become so close to her children that her husband feels left out. How many men do you know who neglect their wives for their children? Not many.

What men give up for women

We live in an achievement-oriented society and so, superficially at least, men may seem better off. But in human terms, this is too narrow and arid a way to live. Folk tales and movies are filled with cautionary Midas figures, men who give their lives over to gold and then find everything they touch turns to loneliness. A woman may find emotional sustenance in her family but for most men, women are their chief emotional outlet, their main source of love and connection. Any sociologist will tell you that men living without women are way ahead in statistics of alcoholism, suicide, depression and crime.

If, as women believe, men are so self-sufficient, so at ease in the world, why do they give up all the freedoms women envy so much for marriage? To a man who has a wife and children,



"You can't go home to your mother. We're at war with her!"



tors because a pretty new face has moved into the neighborhood. It is an arena that is fiercer than any they knew before, and less rewarding.

When little girls cross over to the love of men, it is with a feeling of leaving mother's nagging fears about sex behind. As I explained in *My Mother/My Self*, mother may have been the first person who loved us so much that without her life seemed impossible, but she was also the one who said sex was beautiful yet taught that it was not—that it was dangerous, dirty. Her message was a double one, with her words going one way, the music going another. For women, men are a new start, a relief from the anger that is so much a part of the mother/daughter relationship. Boys may be wicked, but they promise freedom from female restraints.

For boys, too, the entrance of girls into their lives seems like a wonderful adventure. Naively filled with trepidation and excitement, they wash their faces, comb their hair and reach for the phone. But just when life seems about to reach a new peak of excitement, Johnny learns that girls are not a new start. They are mother and her rules all over again. "Yes, I love you, Johnny, but not when you do that," his girl tells him when he tries to get too close. And, "You do this on the first date, this on the second, and you can't touch me unless you promise . . ."

How can a man not be in a rage with members of the sex who make him feel guilty and dirty about the very desires that they—with their perfumes and smiles, pretty clothes and teasing looks—have gone to such pains to provoke in him?

Many young men are as terrified as their female partners the first time—the first kiss, first fondling, and all steps along the way. But nothing prepares him for the discovery that a young woman, his own age, feels entitled to make as many rules as were made at home. He expects cooperation from her in their mutual sexual explorations. Instead, she seems to be saying she doesn't feel the way he does and what she wants is right and good, what he wants is bad and dirty. *(continued)*

es an old bit of folk wisdom, all enterprises of great moment, hether for good or evil, are closed: "He has given hostages to rtune." Industry itself takes pragmatic advantage of this, eferring married workers to bachelors because they are steadr and more reliable, no matter how boring the job.

The women's movement has begun to show that there are dden costs to women in marriage, too. Nevertheless, most rls today are still raised to see a wedding ring as the supreme mbol of success, bestowing status, social and psychological se, plus economic support. When two people marry, the ide is the envy of her friends. The groom is the butt of chelor dinner jokes: He's *caught*.

If men resist marriage it is little wonder. Still, in the end, ost say "I do" because they want women more than anything se. If rules, responsibilities, mortgages, ulcers, child care, ad-end jobs, surrendered dreams of adventure and the posbility of an earlier death are part of the package they must y to get a woman, they'll do it.

Since there is always a question of what love means, let me umerate some further examples of male sacrifice for the love women. My research has shown me that there is a period in ys' development that is deeper and more emotional than we ve so far realized. Before girls enter their lives, boys band gether in an almost mystic communion, forming clubs, athtic teams and secret societies that number, among their chief nefits, solidarity against women and their nagging rules. ys aid and abet each other in exploring the sexuality which other frowns upon. While they may envy the boy who is the st to develop physically, far from ostracizing him they take m as a hero, the leader, and see in him the promise of the anhood that lies ahead for them, too. Alone among themlves, boys give each other extraordinary reinforcement in rging their sexual identities.

But two boys who cut their fingers and swore over mingled ood to be brothers forever, one day find themselves competi-

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Why Men Need Love

continued

Young men, nonetheless, persist in their desire for women. I am not implying that they regret having given up their camaraderie with other males for the love of women. But how can there not be a sense of loss? Does a young man's new sexual connection to girls ever have the solidarity, the uncomplicated strengths and good humor he once found in the innocent union he had with the other guys? Women never relinquish their closeness with other women. But did those girlish sleep-overs ever have the intensity of sexual camaraderie, the reinforcement of sexual identity, that young boys found when they banded together? No wonder so many men still spend seemingly endless hours in the locker room. That's the only place where they can voice their angry sense of feeling cheated. They got what they wanted, yes, but with all those strings attached. Still, most men choose to marry.

His secret sexual life

Marriage may mean a narrower, more restricted life for the female but most women think it is worth it. The woman who gives up her career to raise a family may sigh over missed opportunities but feels she is more than rewarded by being a good wife and mother. The man who sacrifices promotion because his wife gets nervous when he works late or has to go out of town on business trips does not feel totally compensated by being called a good family man. To male ears, that's very close to being called a henpecked Caspar Milquetoast. And yet, how many would-be poets have become accountants because they had a family to rear?

Women have many reasons for getting angry at men, but very rarely is withholding sex one of them. What men's sexual fantasies tell us is that it is precisely here, in the strings women attach to their offer of erotic satisfaction, that men's rage begins. The secret erotic life of men is filled with the struggle between their needs and desires for women and their fury at the frustrating rules women impose. It is my contention that in this struggle, men's love wins.

One of the great "givens" of popular psychology is that boys have a far easier time than girls in sexual development. While infants of both sexes begin by loving, needing, wanting and being satisfied by the female sex—mother—boys are usually thought to derive an advantage from continuing to love women for the rest of their lives. Their psychosexual path is straight ahead. I would say this is too simple. It ignores the fact that forever after men associate the taboos learned at mother's knee with every other woman they meet and are attracted to.

Girls have to overcome great psychological difficulty, too. The crossing over from her first love of mother/women, into attraction to the male sex is complicated by the fact that she does it trailing mother's introjected sexual inhibitions with her. Women blame men for not living up to childish needs that should have been resolved with mother, they displace on to men old nursery furies. If women break mother's sexual rules they are devastated if the man does not replace her love with his forever.

And yet women have one tremendous advantage in sexual development that is usually forgotten: Women rarely need to get angry at men for not allowing them, for not offering them sex. Women do not spend their sexual lives with the gender that represents the no-sayer of childhood.

Both boys and girls, of course, are told in words, body language and, above all, by silence, that sex is bad; mother doesn't approve. The little girl wants to be like mother. *That* is how women are. She denies her sexual desires and tries to be a lady. Her sexuality remains in conflict with her introjected mother—her all-important niceness—all her life long.

What we are concerned with here is the little boy. *He* doesn't want to be like mother. His body, his anatomy, tells him he is different. He knows mother finds one side of him acceptable: the good boy. The other side is bad, dirty, sexual, willful. This aspect must be hidden but it is stronger, constantly threatening to overwhelm him.

He wants mother to love him. He swears to himself he will never do any



If you think this cake is moist, rich and chocolatey...

Hershey's Disappearing Cake

¼ cup butter
¼ cup shortening
2 cups sugar
1 teaspoon vanilla
2 eggs
¾ cup Hershey's Cocoa
1 ¾ cups unsifted all-purpose flour
¾ teaspoon baking powder
¾ teaspoon baking soda
⅛ teaspoon salt
1 ¾ cups milk

Generously grease and flour two 9-inch round cake pans. Cream butter, shortening, sugar and vanilla until fluffy; blend in eggs.

Combine cocoa, flour, baking powder, baking soda and salt in bowl; add alternately with milk to batter. Blend well. Pour into pans; bake at 350° for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.

And use cocoa in your favorite frosting recipe, too!

hing to make her angry. But the difference between the boy and his sister is hat while both have taken in mother's nti-sexual message, the boy wants to ccentuate his difference by breaking the ules: He dares to do it anyway. He tands self-convicted, a dirty animal, revling in his sexuality, angry and forlorn in he knowledge that it is unacceptable to vomen.

The predicament is agonizing. The boy vants sex but feels he is wrong to want it. Vomen have placed his body at war with is soul.

It is here that we have reached the eart of fantasy's enchantment: No matter vhat men may do to/with their imaginary vers, her reactions are just the opposite f mother's. A fantasy woman does not eproach her man for anything. Fantasy gives men the love of women they want, with none of the inhibiting feminine rules they hate. No matter how wild the man's sexual frenzy, the woman does not punish, but rewards, joins, and even outdistances him. Love conquers rage.

But rage does not go away. I think that men are the more loving sex because despite the intensity of their fury, men will go to any lengths to win the love of women. Men love women at any price, love women even though, beginning in childhood, it is the female sex that makes the male feel guilty about what he desires most from them.

What male fantasies mean

Of all the categories of male fantasy I discovered, the one dealing with aspects of pain and/or humiliation as an accompaniment to sex was by far the most numerous. What I found was that more often than not, *men turn the sword of their fury not against women but against themselves*. One of the reasons for this is the conviction that they are wicked to want sex from women; they accept pain as the symbolic price they must pay for the forbidden pleasures of women's love. By any definition, if love means anything it means putting the other person's happiness and welfare before one's own. It is for this reason I have subtitled *Men In Love*, "The Triumph of Love Over Rage."

In my book about women's sexual fantasies, *My Secret Garden*, the single greatest theme that emerged was that of a "weak" woman being overpowered into sex. Is this desire mirrored in the male fantasy of sexual dominance? The answer is no.

Men's fantasies of overpowering women against their will are the exception. A closer reading will usually reveal that the woman is a volunteer, or the initiator. Pain or humiliation of the woman is usually not the goal but the means toward an end: forcing her to admit to transports of sexual joy she has never known before.

I will admit that the average male fantasy is not a conventional valentine; his secret garden is not like yours. As in old-time fairy tales, male fantasies are filled with grim events but they only serve to make the inevitable happy ending all the sweeter—while still reflecting the true contents and conflicts of a grown man's unconscious life. The scenarios may be bizarre but so is the sex education we all got as children. The emotions may not be pretty but how else can one construct a metaphor as violent, tangled and complex as sex? What must be remembered is that 95 percent of these scenarios end, not with the woman hurt or abandoned, or with her in harsh or victorious control, but with both lovers satisfied in each other's arms.

That love is the goal of both sexes should not make us expect that the same fantasies will work for men as for women. The sexes may be equal; they are not identical. A fantasy is a map of each person's individual desire, mastery, escape and obscuration; a navigational chart used to steer ourselves between the reefs and shoals of anxiety, guilt and inhibition. It is a work of consciousness, but in reaction to unconscious pressures. What is fascinating is not only how strange fantasies are but how comprehensible; each one gives us a coherent picture of the personality, the unconscious, of the person who invented it even though *he* may think it merely the random whim of a heated moment.

A man has a reverie of meeting a blond woman in a purple nightgown. He doesn't know why the colors are exciting; his unconscious does (or rather, *remembers*) but doesn't bother to explain. The man only knows that the *(continued)*



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The "cake that got away" was ade with Hershey's Cocoa stead of baking chocolate. It *was* her, moister, more chocolatey. In a test of 108 women, 7 out of ery 10 preferred cakes baked with ershey's Cocoa over cakes baked th baking chocolate.

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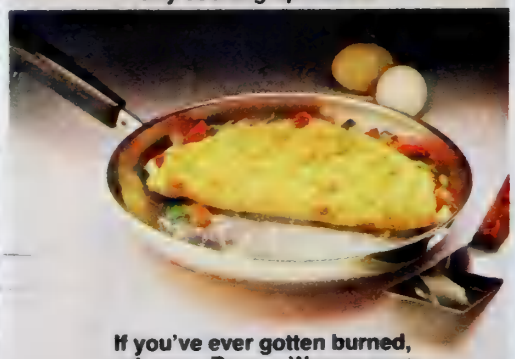
But look fast, before they gobble it all up.



tablespoons cocoa + 1 tablespoon of shortening or oil = 1 square (1 oz.) of baking chocolate



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Why Men Need Love

continued

blonder, the more purple, the more passionate he grows. If the plot seems silly, what does it matter? The erotic has its reasons that reason doesn't know. Nothing is included by accident.

In real life, ambivalence abounds. Women want men, men want women; our dreams of one another, our fantasies, not only express our most direct desires but also portray the obstacles that must be symbolically overcome to win sexual pleasure. Fantasy is as close as we will ever come again to the omnipotent joys we once knew as infants. In a moment of rage we say, "I'd like to kill you!" This is a fleeting fantasy, a satisfying violent image that expresses the overheated mood of the moment. But how likely are we to do it? It is important to recognize that not all fantasies are frustrated wishes.

The very courage of fantasies in facing up to, and giving relief to, unconscious horrors can sometimes make them hard to take. Some of the sexual fantasies I read disgusted or frightened me—they were more than I wanted to hear or could handle. But today, while I still find some of this material difficult, I no longer see it as a personal affront. It might be said that familiarity freed me. Perhaps it would be more accurate to say I could not come to terms with men's fantasies until I had gotten free of my unreal, romantic and, in the end, coercive ideals for men: my demand that they show me only the face love wears in my dreams. All my life I've felt threatened or anxious or disgusted by certain vaguely thought about areas of male sexuality. They may not appeal to me today any more than they ever did, but they no longer take away from my life as they used to. The space in which fear once lived is now available to me.

Is male role enviable?

Women, myself included, have for so long been overwhelmed by the inequity of our passivity and second-class citizenship that we never looked beyond the supposed ease of the male top-dog role. But out of the necessary reappraisal of the feminine condition during the past ten years has come another understanding: Given the way the family and society are set up, is the male role so enviable?

Men will be slower to recognize this than women will be; while many men have begun to question the value of their traditional power, it is not easy to give up roles and positions society has trained them to see as superior. My own firm belief is that the greatest help men will get in ridding themselves of their fathers' meretriciously superior attitudes will come from women who can see beyond their own rage. **End**



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Home Journal

Here, ideas on lightening up bookcases; the country feeling in paneling; ways to conserve energy, chase chills.



How to Spruce Up Your Bookcase/Wall System. Bookcases needn't be only haphazard rows of books—they can become a decorative and attractive area of any room. Unless you prefer a strictly wall-to-wall "library," most shelving systems look better with a bold display of objects as well as books. • Start by thinning out and reorganizing your books. Since space is precious these days, plan on recycling such stash-aways as old textbooks or certain "best sellers" (airplane reading). Move large, weighty books to lower shelves for better balance, place all-in-a-series together and move light paperbacks to the upper regions for some fresh air. • If the back wall isn't polished mahogany or something valuable, think about playing it up with color: wallpaper in a small scale that won't compete with accessories or paint that blends well with the shelving material. • Lighting sections of a wall system can add another kind of life to its contents—dramatically shining on a treasured collection or shedding a glow on low-light plants (make sure to keep greenery a safe distance from the hot bulbs). Install mini-track lights along the bottom of a shelf or try easy-to-use clamp lights, rotating heads against glare. For both, conceal wires by running through holes drilled in the rear wall behind books or down the sides. • Other instant refreshers: Set out groupings of china, old tins, jugs, candlesticks. Hang or lean small framed pieces of artwork. Cluster family photographs, add more at whim. If you can integrate a portable TV or stereo at the right height and distance from seating, tie them in to the decor this way.

A look at New Paneling. The rustic look is in . . . brick, stucco, stone, weathered barnboard, slat and chevron patterns; some simulated, others with real wood veneer. Introduced recently: Georgia Pacific's "Barnplank," a pine veneer on plywood featuring random planks in weathered white, gray or brown. Champion Building Products offers Weldwood "Country Place," a barnboard with regular width plank and a knotty weathered texture; and Weldwood "Chevron Cedar," in woodgrain with an inverted-V down the panel's center. "Woodfield" by Masonite Corp., an ash woodgrain pattern, is grooved every 2" to look like slats. All come in 4' × 8' prefinished panels, to be vertically, horizontally or some even diagonally cut for a chevron pattern. You can cut costs and panel one wall only or wrap an entire room; visit a local lumber dealer or home center.

Sleeping Warm when the thermostat's set on low . . . the key is selecting the right bed coverings. Your blanket should be thick with plenty of spaces (or cells) within its weave to trap air warmed by body heat. Wool is best, being the only fiber that doesn't flatten and mat after cleaning. If using a thermal blanket, add a closely-woven cover to stop heated air from escaping. Don't worry about squandering energy on electric blankets; the little power they draw is offset by a lower thermostat setting. Turn on 10 minutes before retiring and icy sheets will be toasty-warm. Comforters and quilts should be thick, fluffy. All fillings (cotton, Dacron fiberfill, lambswool) are cuddly, but down holds the most warmed air. Nappy flannel sheets are warmer than percales or muslins—and a treat. Don't forget to cover your head (source of lost body heat)—wear a nightcap!

Sew Up a Cozy Cocoon. Snuggle up when watching TV or reading. Easily sew this sack from a comforter (twin, 66" × 86"), movers' pad (68" × 76") or blanket. With material wrong side up; fold right edge overlapping center by 1½", left edge over right by 3"; stitch bottom. For hood, cut along folds, about 10", then across to center edges. Bind with bias tape. Fold corners of back flap to meet; stitch in place. Fit; cut slits for arms, bind; attach tapes for closings. Without hood, cut down several inches to form flapover collar, bind. Mail order movers' pads from Village Stripper, 519 Hudson St., N.Y., N.Y. 10014, $10 to $32.





Psychiatrist's Notebook

How to cope with an interfering mother? Is bedtime the right time to settle a fight? Why can't you say what you want to say when you want to say it?

By Theodore Isaac Rubin, M.D.

My daughter, our first child, was born a year ago. Ever since then my mother, who has always been overprotective, has become unbearably so. She calls me two or three times a day, just to ask how I'm doing. She invariably gives me advice on how to take care of the baby, speaking to me as if I were totally incompetent. When she baby-sits for us, which is at least once a week, she lectures my husband and me on child care and often disapproves of our methods. I think that I'm a very good parent and I resent my mother's interference. What can I do?

As you indicate, your mother has a long history of coping with her own insecurity and anxiety by being overprotective of you. In effect, she sees you as an extension of herself, perhaps the most vulnerable part of herself. She now views your child as an extension of you and, therefore, a further extension of her vulnerable self. *You cannot change her.* You may have to change your own behavior, however, because you could be encouraging her to treat you as she does.

It is entirely possible that you are unwittingly giving your mother a double message: *Don't* interfere but *do* give me some direction. Can you honestly say that you haven't looked for reassurance from her when you discuss your daughter? If you do then you must understand that your mother sees this as a request for leadership. Also, when you ask her to baby-sit she most likely interprets this as a request for help and guidance. I suspect that you must pay the price of dispensing with her services if you can no longer abide her exaggerated concern for your child.

It is very difficult for some mothers to let go and allow their children to grow up. You can help your mother by being firm and clear about your determination to lead your own life, while being warm and supportive at the same time. Your maturity will convince her that you really are an adult.

Just like any other married couple, my husband and I argue sometimes, usually about unimportant matters—although we've had our share of serious disagreements. But whatever the problem, we've always been able to talk it over and work it out while in bed, before or after we make love. At those times we seem to have our most important discussions about the things that really matter to us both. Recently I read that it's unhealthy for a couple to try to solve their marital troubles with sex. Is that what we're doing?

It's not necessarily unhealthy for you and your husband to discuss your differences while in bed. In fact, it can be the ideal time and place to communicate because the privacy you have and the warmth and closeness you feel usually facilitates an open and honest exchange of thoughts and emotions. Most people feel better about themselves and each other after such an exchange, which explains why lovemaking following a quarrel that has cleared the air is a particularly common occurrence.

Some couples, however, cannot make love unless they first have a fight. Often, in order to function sexually at all, they must contrive arguments. The compulsive need for this kind of presexual stimulation is, in many cases, evidence of underlying emotional problems.

There are other couples who believe that they should engage in sex even if they are angry with each other. Their rule is that they must not go to sleep until they have made up and had sex. This, too, is a contrivance and can be destructive to the relationship. Instead, they ought to permit themselves to be angry for more than a few hours or a day—it's perfectly natural. The attempt to use sexual activity to solve communicating and relating problems is bound to fail. It's a way of avoiding the need to come up with a real solution, and it can eventually lead to sexual problems as well.

Genuine communication, whether it takes place in or out of bed, is always the best way to resolve marital difficulties.

I'm one of those people who always knows what to say—but only after it's too late to say it. Whenever anyone says something to me that I feel is nasty, insensitive or unfair, I simply can't answer back in the way I'd like. Then, later on, I think of all the things I could and should have said. Why can't I think fast enough in these situations?

You probably have a strong need to be liked, so you try not to "make waves." You prefer to hide your anger from others, even from yourself. When you repress your anger you also block out any expression of that anger that might occur and, therefore, you cannot effectively convey your feelings. In this way, you protect your "nice-person" image and don't allow your true feelings to emerge until it's safe to do so.

It might help to know that the attempt to be liked by everyone brings no reward at all. Try, instead, to change your behavior by taking a risk once in a while and telling others exactly how you feel. The relief and sense of freedom you will experience can be truly exhilarating, and your self-esteem will improve, as well as your relationships with other people.

I'm aware that you've advised people to shed pounds slowly in order to keep them off. Do you still believe this? I have a terrible time losing weight and if it takes too long I get very discouraged and go off my diet. Is there a better method for people like me?

Gradual weight loss gives a person a chance to adjust to a changed body image as well as to a different pattern of eating. It is also less traumatic physiologically and physically. Some people, however, are unable to stay on a diet unless they get fast results. If that's the case, then I suggest that they lose several pounds quickly (not too much, only ten to 15 percent of the total weight to be lost) then switch to a slow-loss diet. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in this column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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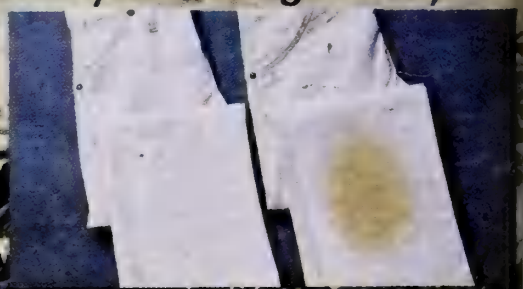
Use it, and you'll discover Kenmore packs a lot more! SEARS LADY KENMORE washer model #20946 features SOLID STATE touch controls with lights and tones to help make sure you're giving fabric proper care. And, the DUAL ACTION AGITATOR™ helps get even large loads uniformly clean. You can watch it in action at most Sears stores.

"But I use Tide because it does the best job on muddy dirt-biking dirt

"With motorcycle riding, and all the sliding, you don't just get surface dirt. The mud really gets grou in. I think it's extremely fortunate that Extra Action Tide can get it out. I've tried other detergents, b I can see a difference. Tide does the best job."

Anita L. Carnahan

For a difference in clean you can really see on tough muddy dirt.



Tide's advantage may vary by washing conditions and formula.

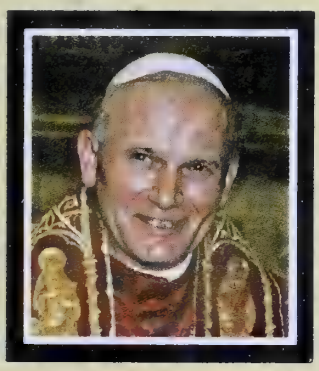
Washed in Extra Action Tide | Washed in a Leading Powder

Tide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising. The makers of 15 washers pack Tide coupons in their top-loading automatics.

Available in limited areas.

CONVERSATIONS WITH POPE JOHN PAUL II

His controversial views on women, as recorded exclusively for the Journal by Peter Dragadze.



Your Holiness, what do you think of American women?

You want to know what I think of American women? Hm! Ah! Yes. They are wonderful and intelligent. And they are also beautiful, both in appearance and spirit. Yes, I definitely admire American women. But please write down that the Pope likes women of all nations, because I would feel bad if the others thought I was leaving them out. Thank you. What comes next?

As he spoke on the subject of women, Pope John Paul II enthusiastically raised his working man's hands towards the skies, as if he wished to sweep all of the women of the world into a charismatic circle. As many know, Popes do not grant interviews. They may have encounters. They sometimes have conversations. Here, in a series of questions and answers (occasionally punctuated by a hearty joke that the Pope would enjoy as much as the listener) is an accurate reflection of how the Pontiff views women. As the Pope himself said: "Take note, write down what I have to say for the *Ladies' Home Journal*. These are personal statements. Perhaps even something special. Because when it comes to the future of the world and humanity, there is no difference between the sexes. God does not look around to see who is wearing skirts or a pair of trousers. Men and women are truly equal in the eyes of the Lord. Write . . ."

Q: What do you consider to be the difference between men and women, the basic qualities of femininity and masculinity?

A: Traditionally, it was considered that men were strong and women were weak, but this would hardly seem the case today. So what should I say? Men and women are equal in the eyes of God, so why look for a difference?

How do you feel about the increasing activity and participation of women in government, and as leaders in other fields? (*continued on page 165*)

Peter Dragadze is a London-born journalist who has written extensively on religious and Vatican affairs since the early 1960s. As a member of the Vatican press corps, he traveled with the Pope on his recent trip to Ireland and the United States.

Immortal Hari

By Irving Townsend

Read this story about a dog and a child and be prepared to weep. Then come back and reread this: ***It all really happened.***

When Hari and I first met he was a refugee, the youngest victim of the Bel-Air fire that all but destroyed that well-known community of mansions nestled in the expensive California tinder next to Beverly Hills. Hari's owner, a famous musician and friend of mine, called me the morning after being driven from his burning house to temporary quarters in an apartment building beyond the fire zone. Dogs and children, even if otherwise homeless, were not allowed. Would I keep Hari until his house was rebuilt, perhaps six months? All I knew about Hari was that he was a puppy whose breed I had never heard of, that only a few

(continued on page 148)





Illustration by Gervasio Gallardo



YOUR MOST COMMON DECORATING PROBLEMS

AND HOW TO SOLVE THEM

Making a room look absolutely "right" takes practice and experience. Often, it's only a few small errors that throw off an entire decorating scheme. Here, we've tried to isolate certain common problems and show you how to solve them—easy solutions that don't require a total re-do. By Elizabeth Gaynor, Home Editor.





Problems:
1. All furniture "hugs" the walls, circling the room, leaving center strangely empty.
2. No focal point. Central void provides nothing to bring room together.
3. Little consideration for practical needs. For instance, chairs are too far apart for easy conversation.



Problems:
4. Out-of-scale accessories: too small, too skinny.
5. Awkward "dead" space between tall cupboard and ceiling.



Solutions:
4. Find accessories of enough size and weight to be seen in overall room. Group for impact.
5. Fill in blank space with baskets or other big objects to top off the high piece, lead eye to the ceiling.

Solutions:
1. "Float" some of the furniture in the room. Wing chairs come forward to flank the fireplace. Sofa and coffee table move in, forming a good conversation area. A low bookcase/storage unit fills the empty wall behind sofa-with enough space left for easy passage. Result: a visually balanced, space-efficient, more interesting room.
2. Patterns, colors and textures create a central interest. The crisscrossed area rugs tie seating together, spark the room's center.
3. Not just "pretty," this room now works the way a living room should-for conversation, entertaining, display of favorite objects, and storage.

Photographs by Ralph Bogertman. All furnishings from Bloomingdales. Richard Ryan, Director of Interior Design, coordinator.



Problems:

6 Impractical occasional tables. Small, spindly.

7 "Lonely" wall art, lost against the busy wallcovering.

8 Overdose of pattern startles the eye; dizzying.

9 Legs, legs, everywhere you look. Spindly, teetery.

10 Color scheme unexciting, too matched up in reds and whites. Nothing to tease-or surprise the eye.

Most decorating problems fall into one of these categori

Solutions:

6 Select end and coffee tables that truly service the seating area. These are lower, reachable, have bigger surfaces.

7 Hang wall art in proportion to nearby furniture and at eye level (lower than many realize). Choose one large painting or create a grouping of small ones.

8 Break up and counterbalance the strong patterne surfaces with larger scale art, furniture, accessor

9 Vary the styles of the pieces. Small chest and coffe table with heavy-turned legs end the too-leggy loo

10 Soften the "matchy" look with big yellow throw lows, colorful accessories, perhaps a mixed bouq





Problems:

11 Lack of any color, any contrast. Shows no imagination; doesn't give a clue to personality who lives here.

12 Overlit from above. Overall harshness, especially glaring on the beige walls.

nd correcting them can be much simpler than you think.

utions: **11** Don't play it safe all the time. Transform existing modular furniture by pholstering with darker coffee-colored fabric. Introduce d colors that vary in shade and intensity. Make a tement with art, accessories, an assortment of plump lows. Final touch: individual vases of exotic flowers.

12 Install dimmer to control intensity of overhead lighting for a softer look. Add up-lights (on floor behind seating) to throw pools of warm light on the wall. Notice the difference a simple change in lighting can make in wall color–from starkly cold to softly glowing.



Truth & Beauty

Here, the Journal answers the really tough questions you ask about the way you look

Beyond glamour, beauty is more often a matter of solving problems. Here, Health and Beauty Editor Maureen Lynch (right) draws on her expertise to focus on the "tricky" problems women face in order to look their best: adult acne, choice of makeup colors, fine-thin hair, and so on. The questions come from readers, professional models, from all the women who turn to the Journal for help. Many of these topics have been covered before, but here they're updated in one capsule summary to help you know what's best for you.



Q What exactly is dandruff, where does it come from and is there any cure?

A Simple dandruff is not a disease, merely an excessive scaling of the scalp. It's the result of the normal process of shedding dead cells gone haywire. No one knows precisely what goes wrong or why. Dermatologists suspect many things: hormonal imbalance, micro-organisms, poor hygiene, poor health or an oil gland disorder. They're almost certain that the tendency for dandruff is inherited. Diet has been ruled out as one of the causes. Blondes are less likely to have dandruff than brunettes. Tension makes it scalier. Even newborn babies get a condition known as "cradle cap." After the first months, children are immune to dandruff until puberty, lending weight to the hormonal theory. Whatever the cause, you can treat dandruff with success at home. Wash your hair frequently. Dandruff shampoos with antiseptic and/or antibacterial properties are effective; also with tar. If one dandruff shampoo doesn't work, try another. Shampoo your scalp, using pads of fingers to massage in small circles, and shampoo again.

Dandruff shows up in the form of dry flakes, but oil treatments only make matters worse. Keep brushes and combs scrupulously clean! When dandruff clears up, switch to a regular shampoo or scalp may become immune to your dandruff shampoo. If the problem persists, see a dermatologist. An interesting point, dandruff is somewhat seasonal: more cases in winter, less in late spring.

Q How safe is hair coloring? I'd love a change, but hear so many conflicting reports.

A About two years ago, some research indicated that hair dyes might have harmful chemicals in them. Although there is no major proven evidence of health hazard in careful human use, major manufacturers in this country have voluntarily re-formulated all of their hair coloring products to eliminate even potentially controversial ingredients. Note: always follow instructions.

Q I'm so self-conscious of broken capillaries on my face. What caused them? How can I get rid of them?

A Usually hereditary, these tiny red lines result from a lack of elasticity in the capillary walls. When blood rushes to the skin's surface, the walls should expand, then contract. If not, they break and mesh together. Dry, thin skin is more prone to broken capillaries (also called spidery veins) than thicker, oily skin. The redness occurs most often on the face (sides of nose, cheeks); occasionally on the back and chest. It's aggravated by several factors: 1. Sudden temperature changes that force capillaries to expand or contract too rapidly, causing them to break. 2. Improper diet, especially spices and alcohol (that's why some people look flushed when they drink). Both increase blood activity, placing strain on weak capillaries. 3. Strong massage movements with harsh brushes, rough cleansing agents, wash cloths. Skin must be treated gently. Avoid the above, plus follow these tips. ▪ Always use a sun block (sun is a villain here, too). ▪ Warm face before entering the house from the cold—put gloved hands on your cheeks for a minute. ▪ Use tepid water when washing your face—not hot. ▪ Apply a protective coat of skin cream before facing extremely cold, windy or sweltering weather. ▪ A daily dose of vitamin C may help. If you already have broken capillaries, you can temporarily cover them up with a cover stick matched to your skin tone and worn under foundation. If severe, consult a dermatologist or physician.

Photographs by Garry Gross; makeup by Emily Pattner

Q **Can anything ever be done about fine, thin hair?**

A Thin hair or thick hair depends on the size of the hair follicle—and that never changes. Like the color of your eyes, it's a matter of genetics. What can be played with, however, is the illusion it gives. If you have fine, thin hair, make friends with the top hairstylist in town. Short-to-medium length hair can be blunt-cut or layered to appear thicker. Perming can do wonders, but only if expertly handled (badly, it frizzles). Hair coloring can add body and fool the eye; for instance, a lighter tone will lessen the contrast between hair and scalp, creating a look of density. Again, caution. Mistakes will be more obvious. Tips: Forget about "100 strokes a day." ▪ Treat gently, even more so when wet. ▪ Shampoo often, blow dry. ▪ Try a neutral henna rinse for extra body. ▪ No tight rollers, no teasing, no pony tails. ▪ Best news ... fine, thin hair (when treated properly) has a shine no other hair type has. It glows and flows like satin.





Truth & Beauty

Q How can I pick makeup colors that are perfect for me?

A No two people's faces or coloring are exactly alike, but there are a few basic guidelines you can follow to find out what's best for you. Start with eyeshadow colors. Take a magnifying mirror and face the natural daylight (north exposure is best). Examine the small flecks in your eye. Blue eyes often have flecks of gray, green or hazel, while brown eyes show off greens or golds. Pick up on any of these subtle fleck colors for a harmonious shadow. To choose a foundation, match your own skin tone (without makeup), then go one half-shade lighter. Test: A dot on the face should look invisible two steps back from the mirror. Never try to match skin tone by applying foundation to the back of your hand or wrist. Those skin tones are different from your facial skin. The form of foundation (liquid, cream, tube, etc.) is up to you. Liquids tend to give lighter coverage. One general tip: Always apply foundation with a downward motion; otherwise, it clings to those tiny facial hairs. Blusher comes in many forms: powders, liquids, creams or gels. Whichever you choose, place it right. Find your cheekbone, apply under the bone and blend up over the crest. Unless you want little-old-lady "rouge spots," keep the blusher north of your nose!

Q What can I do about hair on my face?

A Many women who desire skin as smooth as silk are bothered by unwanted facial hair. No need. Today's woman can use bleach, wax, or a depilatory—but should never shave the face. First, know your skin type (is it sensitive?) and examine the unwanted hair. If it's a soft fuzz that shows up only because it's dark, **bleaching** is the simplest camouflage. Tips: ▪ Since open pores are more sensitive, it's better not to do right after a hot shower, bath or facial scrub. ▪ If skin feels irritated, apply cold compresses, then moisturizer. ▪ If hair doesn't turn out light enough, it's safe to apply again. More than peach fuzz? Waxing or a depilatory will do the trick. **Waxing** means applying melted wax to your skin, letting it cool slightly, then pulling it off. Root and hair are whisked away. Advantages: ▪ Regrowth rate is 1-3 weeks after first time, 3-4 weeks thereafter. ▪ No chemicals are involved (just beeswax and resin). Disadvantages: ▪ You'll have a stubble of growth between waxings. ▪ If you're squeamish at pulling off adhesive tape, forget waxing. There's a second of discomfort. Tips: ▪ Test wax first. Too hot, you can burn yourself. ▪ Always apply talcum powder before and after waxing; moisturizer afterward. Or, try a **depilatory**. It's the application of a chemical agent (cream or lotion form) to the skin. Hair is dissolved, then wiped away. First do a patch test for sensitivity. Faster than waxing, but it only lasts about one week. Rinse thoroughly (without soap); follow with moisturizer. These three methods solve about 95 percent of unwanted hair problems. In extreme cases, consider electrolysis.

Q What causes flabby thighs? And what, if anything, can firm them?

A Thighs become a disaster area from inactivity... too much sitting... lack of exercise ... and sometimes the inner thigh stays stretched and flabby after childbirth. Bad posture accentuates the problem. Take a look at yourself, all sides, in a full-length mirror. The good news is that thighs are the easiest part of the body to firm. Muscles are long and large and react well. The key word here is **firm**. The actual reduction of the thighs depends on ratio of fat to muscle. Exercise won't get rid of weight, but can tighten the muscles, giving a better appearance than soft flabby flesh. If you find an inch of pinch on the front of your thigh with your leg raised, you need to lose weight. If not, you can firm up that unused muscle. Either way, start exercising. Helpful sports: for outer thighs—bicyling, running, swimming; for inner thighs—horseback riding, skiing, fencing.

Q My face is more broken out now (I'm mid-30s) than when I was 15. Help!

A You're not alone. More than 20 million Americans are suffering from some form of acne... and many are not teen-agers. Some people are more prone to getting pimples than others. Dermatologists are not sure why, but they are sure that acne is the result of excessively oily skin. Control the oil, conquer the acne. If oils are left on the skin, pores get clogged; inflammation and infection can result. Unfortunately, finding the proper cleansing routine for your skin can be a frustrating matter of "trial and error." ▪ All products should be designed specifically for oily skin. ▪ Covering up with heavy makeups will only aggravate the problem. ▪ Be wary of moisturizers. Use only around dry eye area and neck. ▪ Your routine should include an oil-free cleanser (soap or lotion); a toner or astringent; and a controlling or drying lotion (also to help cover blemishes). ▪ Follow your cleansing routine faithfully and allow two weeks for any noticeable improvement. Rules to follow: 1. Cleanse face at least twice a day. 2. Never go to bed without washing face. 3. Keep hands and hair away from face. 4. Change pillowcase frequently. 5. Don't squeeze pimples. You can re-infect the pore or spread the infection. Go to a dermatologist or reliable skin-care salon. If a sudden flare-up occurs, ask yourself: ▪ "Am I under more stress than usual?" Tense times lead to outbreaks of acne; calm down and get more sleep. ▪ "Have I changed makeups recently?" Stop using a new product; see if problem clears up. ▪ "Have I been out in the sun lately?" A vacation to the tropics may draw out whiteheads initially. Cleansing grains clear it up. ▪ "Am I eating a well-balanced diet?" Stay away from starches and sweets; eat plenty of fresh vegetables and fruits.

Q Why do nails turn yellow?

A Fact: some nails are more porous than others. Fact two: the most frequent cause of nail yellowing (for the regular manicurist) is constant use of nail polish. Curiously, some shades stain, others, don't. The yellowing is usually the build-up of the stain. What it isn't: a vitamin deficiency. What it is: a temporary condition. Going without polish for a few days often solves the problem. Using a base coat before applying color will help enormously. Buffing also helps clear up the yellowing, if a buffing paste is applied. Or you can try an old-time remedy for improvement: lemon or grapefruit rind rubbed across the nails.

AMERICAN CLASSICS
ELEGANCE UPDATED



Always in style—the nonchalance of a one-button white linen-y blazer ($106), eased over a breezy fern print short-sleeve shirt ($46) and full skirt ($58) in polyester crepe de chine. All by Frank Smith for Evan Picone. Touches of perky red: Eva Graham bracelets; Elegant belt; Delman shoes.

Hair and makeup by Leonardo De Vega. Pantyhose by Hanes. Shopping information on page 160.

The dash of American classics, captured here by master photographer Horst P. Horst. That uncluttered feeling of the 40s and 50s with a modern tempo. Purity of line and shape. Cool whites. Total glamour from pageboy hair to spectator shoes. Classier than ever. By Trudy Owett, Fashion Editor.



Cool, pretty, relaxed—a perfect pair of fresh geometrics. *Left*: Crepe column, semi-capped sleeve blouse and accordion-pleated skirt, by Richard Assatly Ltd., $190. Nancy Collins for Margolin bag; Carrano shoes. *Right*: Swing-skirted crepe dress, diagonally sliced with bold red. By Frank Masandrea, $178. KJL jewelry; Aris gloves.

Classic navy crisped with white–the composed prettiness of the young Grace Kelly look. Innocent yet sophisticated.



The excitement of navy and white for spring is back. *Left*: Prim crepe-y dress, spiffed with white yoke, big satin bow. By Kasper for Joan Leslie, $160. KJL jewelry; Delman pumps. *Right*: Beguiling dotted dress in sheer georgette; its own navy slip. Albert Nipon, $278. Trifari jewelry; shoes, Geoffrey Beene for Andrew Geller.

The languid glamour of evening pajamas, reminiscent of Lauren Bacall's unbeatable style. In essence very sexy.



Simple drama at its best, a luxurious flow of ivory silk stripes. Blouse with full sleeves, pearl buttons ($150) tucked into soft trousers ($180). By Donna Karan and Louis Dell'Olio for Anne Klein. Satin bow belt, Anne Klein. Pearls, earrings, Hattie Carnegie; Dori pumps.

Shopping information on page 160

1
2
3



30 MINUTE MEALS (honestly)

Promises, promises. We know you've heard claims about so-called quick meals before–but believe us, each of these delicious dinners can be made in just one half hour. Truth is, you'll lean on some reliables from the pantry or freezer, plus stir your family's interest with easy new combinations. Honest-to-goodness beat-the-clock recipes, page 127.



1 Vegetable Burger,* wholesome with carrots, wheat germ, eggs; French fries; zucchini with basil; yogurt/granola-topped Cherry Cobbler.*

2 Spanish Rice,* colorful with pork sausage, peas, tomatoes; salad with artichoke hearts; bread sticks; Rocky Road Pudding.*

3 Sesame Chicken,* crunchy cutlets; green beans with water chestnuts; sauteed tomatoes; roll/butter; Strawberry Mousse,* frozen treat.

4 Cube Steak Italiano,* with red peppers, mozzarella on toasted bread; antipasto salad from a jar; Tortoni,* dressed-up vanilla ice cream.

*recipes included

4

Photograph by Irwin Horowitz

Brownies

Rich, gooey, fudgey, yummy squares of goodness. It's the Big Brownie fantasy—the ultimate dream for all chocolate lovers.

Make batches of these scrumptious treats—and watch them disappear by the plateful.

To satisfy even the most ardent sweet tooth, here's the Journal's version of the perfect brownie, plus six delicious variations.

Right: The Quintessential Brownie, chewy, never cloying, patched with pecans. Recipes, page 134.



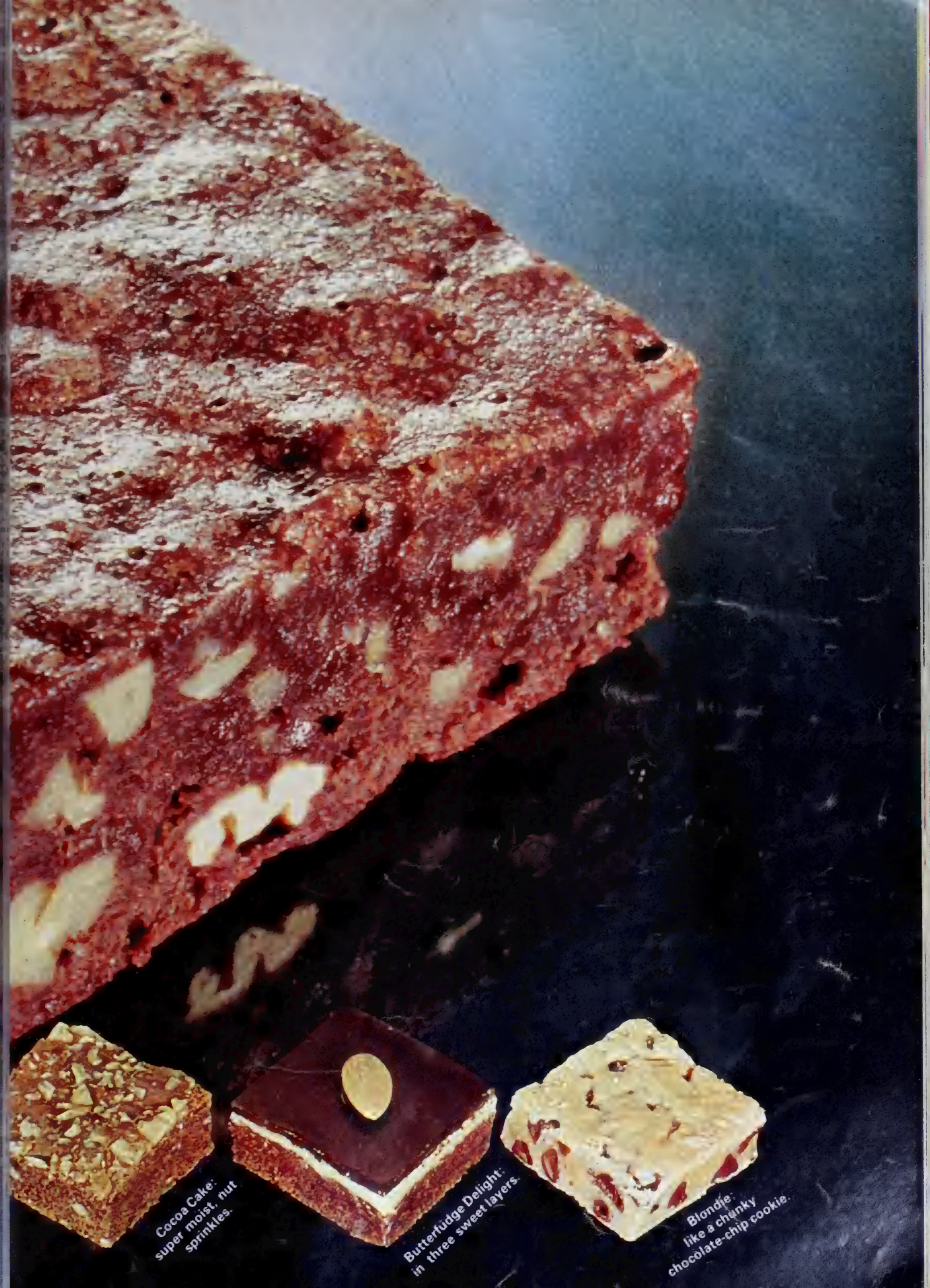
The Spectator: marbled with creamy cheesecake.



The Sweet Tooth: topped with marshmallows, bits.



Pistachio Fudge: pretty and nutty.


Cocoa Cake:
super moist, nut
sprinkles.
Butterfudge Delight:
in three sweet layers.
Blondie:
like a chunky
chocolate-chip cookie.





PICK A PIZZA

When your family clamors for pizza, don't "call out"—simply make it yourself. Far easier than you think, it tastes much better and lets you have some creative fun. Plus, what a money saver. Just pick a crust (choice of four) . . . pick a sauce (from spicy to chunky) . . . pick a topping (six quick ideas)—and wait for the smiles. By Sue B. Huffman, Food and Equipment Editor.

Shown: Our basic yeast-crust pizza with four toppings. Clockwise from top: Tuna-Green Pepper; Onion-Bacon; Eggplant; Pepperoni-Roasted Red Pepper. All recipes, plus tips on making a perfect pizza pie, page 114.

Photograph by Irwin Horowitz

PIZZA

continued

TO MAKE A PIZZA

Move oven rack to lowest position. Preheat oven to 425°F. Sprinkle one 12-inch pizza pan with cornmeal. On lightly floured surface with lightly floured rolling pin, roll dough out into a 13-inch circle. Place on pan.

Spread 1 cup sauce of your choice over dough. Sprinkle with one 8-ounce package mozzarella cheese, shredded; then add topping of your choice. Bake for 20 to 25 minutes or until crust is golden and cheese melts. Makes 8 servings. Calorie counts based on one-eighth slice of 12-inch pizza range from a low of 255 for mushroom topping on hot roll mix crust to a high of 415 for ground beef topping on our basic yeast crust.

CRUSTS

BASIC PIZZA CRUST
pictured on page 112

The basic—and basically delicious.

2 cups warm water (115° to 120°F.)
2 packages active dry yeast
5 cups unsifted all-purpose flour
2 teaspoons salt
¼ cup yellow cornmeal

In small bowl combine water and yeast; stir until yeast is completely dissolved. In large bowl combine flour and salt. With wooden spoon stir in dissolved yeast until dough is moistened. Turn onto a lightly floured surface; knead until smooth and elastic, about 5 to 7 minutes. Add more flour if needed to prevent sticking.

Place dough in greased bowl, turning to grease all sides. Let rise in draft-free place until doubled in bulk, about 2 hours (when two fingers lightly pressed into dough leave a dent).

Punch dough down. Cover with bowl and let rest 15 minutes for easier shaping. Sprinkle two 12-inch pizza pans with cornmeal.

Preheat oven to 425°F. Divide dough in half. On floured surface with floured rolling pin, roll each half into 13-inch circle. Place both on prepared pan. Spread with sauce, cheese and topping. Bake 20 to 25 minutes on lowest rack in oven, or until crust is golden. Makes 2 crusts.

Food Processor: In food processor with steel blade attached, place flour and salt into work bowl. Dissolve yeast in water; pour through feed tube while motor is running. Process just until dough forms ball on blade. Place on floured surface and knead dough as directed in recipe.

NO-YEAST PIZZA CRUST

Use buttermilk baking mix and just pat it into the pan.

1½ cups buttermilk baking mix
⅓ cup water

In medium bowl combine baking mix and water until soft dough forms; stir vigorously. With floured hands, pat dough into greased 9-inch cake pan or 12-inch pizza pan. Makes one deep dish or 12-inch pizza.

WHOLE WHEAT PIZZA CRUST

Crunchy—and so-o-o good for you.

2 packages active dry yeast
1½ teaspoons salt
1 teaspoon sugar
About 3½ cups whole wheat flour
1¼ cups very warm water (120° to 130°F.)
2 tablespoons salad oil
¼ cup cornmeal

In large bowl combine yeast, salt, sugar and 2 cups flour. With mixer at low speed gradually beat in water and oil until well mixed. Add enough additional flour (about 1 cup) to make a stiff dough. Turn onto lightly floured surface and knead until smooth and elastic, about 5 to 7 minutes. Place in large greased bowl, turning to grease all sides; cover with clean towel. Let rise in warm, draft-free place until doubled in bulk, about 2 hours (when two fingers lightly pressed into dough leave a dent). Punch down dough. Cover with bowl and let rest 15 minutes. Sprinkle two 12-inch pizza pans with cornmeal.

Preheat oven to 425°F. Divide dough in half. On floured surface with floured rolling pin, roll each half into 13-inch circle. Place each half on prepared pan. Spread with sauce, cheese and topping. Bake 20 to 25 minutes on lowest rack, or until crust is golden. Makes 2 crusts.

Food processor: Place 3 cups flour, salt and sugar in work bowl with steel blade attached. Dissolve yeast in water with oil; pour through feed tube while motor is running. Process just until dough forms ball on blade. Place on floured surface and knead dough as directed in recipe.

JIFFY PIZZA CRUST

Prepare one package (13¾ oz.) hot roll mix as directed for pizza crust. Makes two 12-inch thin crust pizzas or one 15½ × 10½-inch thick crust pizza.

SAUCES

CHUNKY HOME-STYLE SAUCE

Colorful, tasty and nutritious.

3 tablespoons olive or salad oil
1 medium carrot, chopped
1 small onion, chopped
½ medium green pepper, chopped
1 garlic clove, minced
2 tablespoons tomato paste
1 can (28 oz.) tomatoes
2 teaspoons basil
2 teaspoons salt
Pinch sugar

Heat oil in medium saucepan; add carrot, onion, green pepper and garlic and sauté until tender, about 5 minutes. Stir in tomato paste and cook 3 minutes. Stir in tomatoes, with liquid, and remaining ingredients; heat to boiling. Reduce heat to low; simmer, uncovered, 45 minutes or until sauce thickens, stirring occasionally. Makes enough for two 12-inch pizzas.

SPICY PIZZA SAUCE

Garlic and red pepper add pizzazz.

2 tablespoons olive or salad oil
2 garlic cloves, minced
¼ cup tomato paste
3 cans (8 oz. each) tomato sauce
1 tablespoon sugar
½ teaspoon oregano
½ teaspoon salt
¼ teaspoon crushed red pepper flakes

Heat oil in medium saucepan; add garlic and sauté until golden, but not brown. Stir in tomato paste and cook 3 minutes. Stir in remaining ingredients; heat to boiling. Reduce heat to low; simmer, uncovered, 25 minutes, stirring occasionally, until sauce thickens. Makes enough sauce for two 12-inch pizzas.

PIZZERIA SAUCE

This has that good old pizza flavor.

3 tablespoons olive or salad oil
2 large onions, coarsely chopped
1 can (6 oz.) tomato paste
2½ cups water
1 teaspoon salt
½ teaspoon oregano
Pinch sugar

(continued)



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HAWAII

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Island-Style Chicken

1 can (about 8 ounces) pineapple chunks in heavy syrup
2 pounds chicken parts
2 tablespoons shortening
1 can Campbell's Chicken Broth
¼ cup vinegar
2 tablespoons brown sugar
2 teaspoons soy sauce
1 large clove garlic, minced
1 medium green pepper, cut in squares
3 tablespoons cornstarch
¼ cup water

Drain pineapple chunks, reserving syrup. In skillet, brown chicken in shortening; pour off fat. Add reserved syrup, broth, vinegar, sugar, soy, and garlic. Cover; cook over low heat 40 minutes. Add green pepper and pineapple chunks; cook 5 minutes more or until done. Stir occasionally. Combine cornstarch and water; gradually stir into sauce. Cook, stirring until thickened. Serve with cooked parsleyed rice. Makes 4 servings.



Cookbook offer: Enjoy the art of good cooking with Campbell's cookbook—"The Creative Cook," containing over 250 outstanding recipes. Just send $2.50 (check or money order only) with your name, address and zip code to: CREATIVE COOK, Box 9108, Maple Plain, Minn. 55348. Offer good only in U.S.A. Allow 8 weeks for delivery. Void if taxed, restricted or forbidden by law. Offer expires December 31, 1980.

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PIZZA

continued

Heat oil in medium saucepan; add onions and sauté until tender, about 5 minutes. Stir in tomato paste and cook 3 minutes. Stir in water and remaining ingredients. Heat to boiling.

Reduce heat to low; simmer, uncovered, 45 minutes to 1 hour, stirring occasionally, until thick. Makes enough sauce for two 12-inch pizzas.

TOPPINGS

TUNA-GREEN PEPPER TOPPING
pictured on page 112

A pleasing change from the old familiars.

2 tablespoons olive or salad oil
1 large green pepper, sliced
1 can (6½ or 7 oz.) tuna, drained
1 teaspoon basil

In medium skillet heat oil; sauté green pepper until tender-crisp. Fold in tuna and basil. Spoon on top of cheese on pizza. Makes enough for one 12-inch pizza.

ONION-BACON TOPPING
pictured on page 112

This one's hard to beat.

½ pound sliced bacon, cut into 1-inch pieces
2 medium onions, sliced
1 teaspoon oregano

In medium skillet cook bacon over medium heat until almost crisp. Remove with slotted spoon. Drain off all but 2 tablespoons bacon drippings. Sauté onions in drippings. Stir in oregano. Spoon mixture on top of cheese on pizza. Makes enough for one 12-inch pizza.

EGGPLANT TOPPING
pictured on page 112

This may not be a kid pleaser, but the adults will flip over it.

1 medium eggplant (1 lb.)
Salt
3 tablespoons olive or salad oil
½ cup grated Parmesan cheese
¼ cup chopped parsley

Peel eggplant; slice into ½-inch thick pieces. Cut each slice in half. Sprinkle slices liberally with salt and let drain for 1 hour. Rinse; pat dry with paper towels.

Heat oil in medium skillet. Add eggplant, a few slices at a time. Sauté until lightly browned, adding more oil if necessary. Drain on paper towels.

Arrange eggplant on top of sauce (of your choice) and cheese on pizza. Sprinkle with cheese and parsley and bake. Makes enough for one 12-inch pizza.

PEPPERONI AND ROASTED PEPPER
pictured on page 112

Colorful and delicious.

1 tablespoon olive or salad oil
1 clove garlic, peeled
½ cup chopped roasted red peppers
⅓ cup chopped parsley
1 package (3½ oz.) sliced pepperoni

In small skillet heat oil over medium heat. Brown garlic; discard. Stir in red peppers and parsley. Heat. Spoon on top of cheese on pizza. Top with pepperoni. Makes enough for one 12-inch pizza.

MUSHROOM TOPPING

We certainly can't have a pizza story without mushrooms.

2 tablespoons olive or salad oil
2 cloves garlic, peeled
1 pound mushrooms, sliced
⅓ cup chopped parsley
¼ teaspoon salt
¼ teaspoon pepper

In large skillet heat oil. Add garlic and sauté until golden; discard garlic. Add mushrooms; sauté until tender. Stir in parsley, salt and pepper. Spoon on top of cheese on pizza. Makes enough for one 12-inch pizza.

GROUND BEEF TOPPING

Bound to be a favorite of the youngsters.

½ pound ground beef
1 small onion, chopped
½ medium green pepper, chopped
1 clove garlic, minced
½ teaspoon oregano
¼ teaspoon salt

In medium saucepan over medium heat cook first four ingredients until well browned. Spoon off all but 1 tablespoon drippings. Stir in oregano and salt. Spoon on top of cheese on pizza. Makes enough for one 12-inch pizza. **End**

The Delicious Easter Get-Together!

Featuring Rath Hickory Smoked Ham, Gulden's Hearty Brown Mustard & Golden Princella Yams.



TANGY ORANGE HAM GLAZE

- 1 Rath® Hickory Smoked Canned Ham
- 1 cup light corn syrup
- ½ cup Gulden's® Brown Mustard
- 1 can (6 oz.) frozen concentrated orange juice, thawed
- 2 tblsp. water
- 1 tblsp. cornstarch
- Pam® Vegetable Spray

Spray roasting pan with Pam and bake ham according to directions on Rath Ham can.

In 1 qt. saucepan sprayed with Pam Vegetable Spray, combine Gulden's Brown Mustard, thawed orange juice and corn syrup. Blend cornstarch in water; add other ingredients. Cook over medium heat, stirring constantly until mixture thickens. Reduce heat; simmer 3 to 4 minutes, stirring constantly. 30 minutes before ham is ready, score surface in diamond shapes. Spoon glaze over ham; baste 2 to 3 more times with glaze. Serve remaining glaze over individual portions.



LEMON HONEY GLAZED YAMS

- 2 cans (16 oz.) Princella® Yams, well drained
- 3 tablespoons butter or margarine
- 1 can (6 oz.) frozen lemonade concentrate, thawed
- ½ cup honey
- Pam® Vegetable Spray

Arrange yams in 13" x 9" pan sprayed with Pam. Combine lemonade concentrate, honey and butter in 1 qt. saucepan sprayed with Pam. Over medium heat, stirring frequently, boil 10 minutes until thickened. Pour over yams. Bake in 325 degree oven, basting often, 20 to 25 minutes, until nicely glazed.

Arrange yams around ham on large serving platter. Garnish with thin slices of lemon.

HELPFUL COOKING HINT
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Gala for Six: Lovely and Light

Can you give a grand dinner party without ruining everyone's diet resolve? Absolutely! Here, Weight Watchers has come up with a totally glamorous, yet weight-conscious gala to please all your guests.

One of life's greatest pleasures is entertaining, sharing one's time and culinary skills with friends. But, with 3 out of 4 Americans watching their waistlines these days, what can a responsible hostess do? Felice Lippert, Director of Food Development for Weight Watchers International, has opened her home (above) to show us how to put together a smashing *and* diet-conscious dinner party. The most wonderful aspect of this meal is its sensual richness. Even a non-dieter would be thrilled by the splendid array of delicious food, the eye-appeal of the sparkling table setting. A key tool, according to Felice, is complete menu-planning. No alcohol is served; instead palates are whetted by a spicy tomato juice cocktail or cooling lime spritzer. A variety of imaginative vegetables provides color and crunch, plus is a miraculous way to take the edge off guests' hunger. Even the crowning glory, roast lamb, comes centered with slivers of carrots and zucchini instead of the usual heavy stuffing. Dessert is a festive inspiration of fruits (papaya, kiwi, strawberries) and a creamy after-dinner "drink." All in all, a feast to enjoy without a trace of guilt. For complete menu and recipes, turn to page 122.

Photograph by Nick Samardge


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BROCCOLI SOUFFLÉ

½ cup KRAFT Real Mayonnaise
¼ cup flour
1½ cups milk
1 teaspoon salt
1 3-oz. can KRAFT Grated Parmesan Cheese
1 10-oz. pkg. frozen chopped broccoli, thawed, drained
4 eggs, separated

Combine mayonnaise and flour; mix well. Gradually add milk; cook, stirring constantly over low heat until thickened. Add salt and cheese, continue cooking until cheese melts. Cool slightly; stir in broccoli and slightly beaten egg yolks. Fold into stiffly beaten egg whites; pour mixture into 1½ quart casserole. With tip of spoon, make slight indentation around top of soufflé to form a top hat. Bake at 300°, 1 hour and 15 minutes. Serve immediately. VARIATION: Add ¾ cup finely chopped ham and omit salt. 6 servings

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CRUDITÉS WITH GARDEN DIP

Dip
- 1 large garlic clove, minced
- 1 teaspoon salt
- 1 cup plain low-fat yogurt
- ½ cup finely shredded iceberg lettuce
- ¼ cup finely chopped, pared and seeded cucumber
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh mint leaves or ½ tsp. dried
- ¼ teaspoon white pepper

Crudités
- 2 cups cauliflower flowerettes
- 2 medium carrots, cut into sticks
- 1½ cups radishes, cut into roses
- 1 medium green pepper, cut into strips

Dip: In a small bowl combine garlic and salt to make a paste. Stir in 1 tablespoon yogurt until well mixed, then stir in remaining yogurt. Add remaining ingredients; stir to combine. Cover and chill at least 3 hours or overnight. Makes 1½ cups.

Serve with crudités arranged on a serving platter. 65 calories each serving.

EGGPLANT CAVIAR IN CHERRY TOMATOES

- 1 small eggplant (about 12 oz.)
- ¼ cup finely diced celery
- ¼ cup finely diced carrot
- 1 tablespoon plain low-fat yogurt
- 1 teaspoon lemon juice
- ¼ teaspoon marjoram
- ⅛ teaspoon minced garlic clove
- 24 medium cherry tomatoes
- 24 capers

Preheat oven to 425°F. Pierce eggplant all over with the tines of a fork. Place on rack in a baking pan. Bake for 1 hour, or until very tender and skin is shriveled. Remove from oven; cool slightly. Cut open and measure ½ cup eggplant pulp. (Reserve remaining eggplant for another use.) Place in small bowl; mash with fork. Add celery, carrot, yogurt, lemon juice, marjoram and garlic, and stir to combine. Cover and chill at least 3 hours.

Cut off a thin slice from stem end of each cherry tomato. Spoon out and discard seeds and pulp, leaving a firm shell. Invert tomatoes onto paper towels to drain. Spoon about 1½

Gala for Six

continued from page 118

DINNER PARTY FOR SIX
Pictured on page 118

COCKTAILS
Lime Spritzers Bloody Shames
HORS d'OEUVRES
Crudités with Garden Dip
Eggplant Caviar in Cherry Tomatoes
Deviled Brussels Sprouts
Caraway-Mushroom Soup
MAIN COURSE
Crown Roast of Lamb
Potatoes Bonne Femme
Carrot and Zucchini Julienne
Tossed Salad with Vinaigrette Dressing and Croutons
DESSERT
Tropical Medley of Fruit
Brandylike Alexanders

LIME SPRITZER

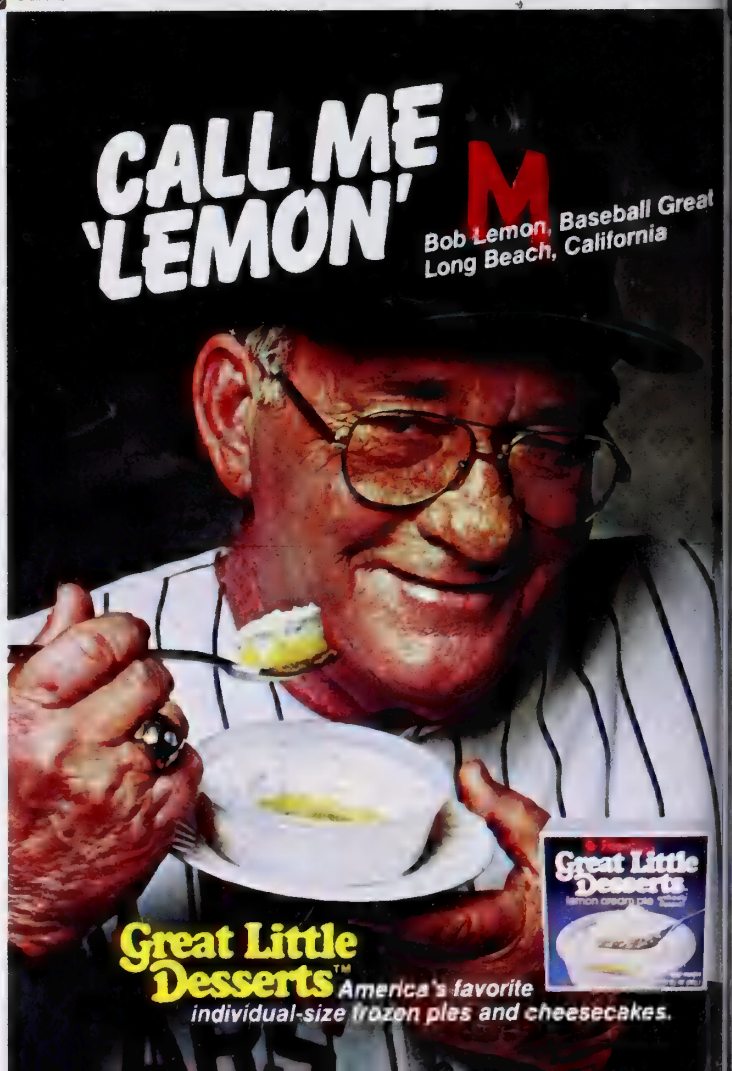
- ¾ cup sparkling mineral water
- Ice cubes
- 1 lime wedge

Pour mineral water over ice cubes in large stemmed glass. Squeeze lime wedge over mineral water and drop in glass. Stir and serve. Makes 1 serving, 0 calories.

BLOODY SHAME

- ¾ cup tomato juice
- Dash Worcestershire sauce
- Dash pepper
- Dash bottled hot pepper sauce, or to taste

Combine all ingredients in measuring cup; stir and pour over ice cubes in large stemmed glass. Makes 1 serving, about 35 calories.





CROWN ROAST OF LAMB

10 rib lamb crown roast (about 5 lbs.)
½ cup Dijon mustard
1 tablespoon soy sauce
1 teaspoon rosemary
1 teaspoon ground thyme
1 large garlic clove, pressed
½ teaspoon ground ginger
Cherry tomatoes
Watercress leaves to garnish

In a bowl combine mustard, soy sauce, rosemary, thyme, garlic and ginger. Rub roast all over with mustard mixture. Cover and refrigerate about 2 hours. Remove roast and let stand about 1 hour or until meat is at room temperature.

Preheat oven to 325°F. Place roast, rib ends up, on a rack in a shallow roasting pan. Crumple aluminum foil into a ball and place into center of roast to help it retain shape while roasting. Cover rib ends with foil to prevent charring. If a meat thermometer is used, insert between 2 ribs, being careful not to touch bone. Roast for 25 to 35 minutes per pound, or until thermometer registers 150°F. for rare, 160°F. to 170°F. for medium or 175°F. to 180°F. for well done. Transfer roast to a heated serving platter with foil ball still in place. Spoon Carrot and Zucchini Julienne (see page 124) into center of roast on top of foil. Remove foil from rib ends. With the point of a paring knife, pierce each cherry tomato about ¾ of the way through the stem end. Push each tomato onto a rib. Surround roast with Potatoes Bonne Femme (see below). 655 calories each serving.

POTATOES BONNE FEMME

2 pounds potatoes
1 tablespoon margarine
1 tablespoon chopped fresh parsley
Paprika, salt and white pepper to taste
Dash nutmeg

Peel potatoes. With a melon baller, make 1 pound, 2 ounces of potato balls. (Cook and mash remaining potatoes; freeze in 3-ounce portions.) Place potatoes in a large saucepan with boiling salted water to cover (½ teaspoon salt for each quart of water). Cover and cook about 20 to 25 minutes, or *(continued)*

teaspoons eggplant caviar into each cherry tomato. Garnish with a caper. Cover and chill until ready to serve. Makes 6 servings (4 stuffed tomatoes), about 15 calories each.

DEVILED BRUSSELS SPROUTS

1 package (10 oz.) fresh or frozen Brussels sprouts, cooked
1 tablespoon prepared mustard
2 teaspoons Worcestershire sauce
1 teaspoon soy sauce
½ teaspoon salt
Dash pepper

In medium saucepan combine all ingredients and simmer for 2 to 3 minutes, or until well heated. Transfer to chafing dish and serve with cocktail picks. Serves 6, about 20 calories each.

CARAWAY-MUSHROOM SOUP

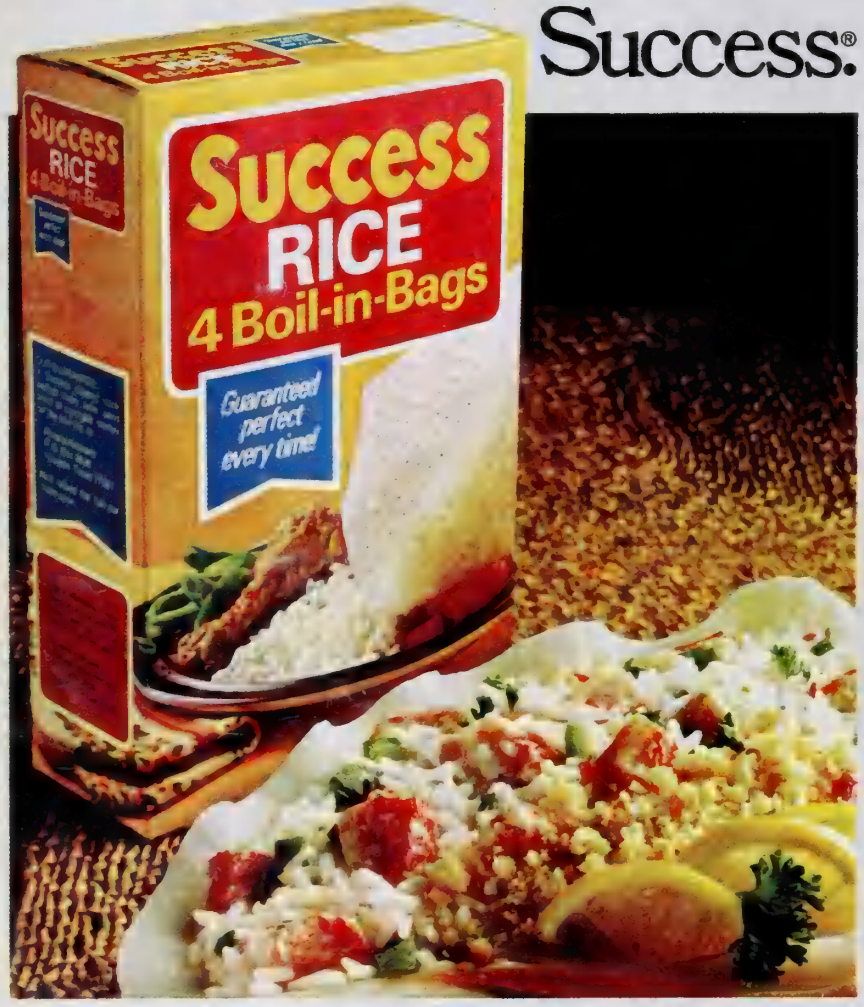
4½ cups mushrooms (about 1 lb.)
5 cups water, divided
1½ tablespoons lemon juice
Dash salt
3 ounces finely chopped onion
¼ cup finely chopped white turnip
¼ cup finely chopped carrot
¼ cup finely chopped celery
1 teaspoon caraway seed
1 teaspoon marjoram
1 large bay leaf
Salt to taste

Wipe mushrooms with a damp cloth and dry thoroughly. If stem ends are discolored, trim a thin slice from the bottom. Slice mushrooms. In a large saucepan heat 4 cups water to boiling. Add mushrooms, lemon juice and a dash salt. Cover; return to boiling. Lower heat and simmer about 10 minutes. Strain and reserve liquid. In a medium saucepan combine onion, turnip, carrot and celery. Cook, stirring frequently, until vegetables are tender. Add reserved mushroom liquid, remaining 1 cup water, caraway seed, marjoram and bay leaf. Bring to a boil. Reduce heat, cover and simmer about 20 minutes. Add salt to taste. Line strainer with cheesecloth; strain soup to remove solids. (If desired, vegetables may be reserved for another use.) Makes 6 servings, about 15 calories each.



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Gala for Six

continued

until tender. Remove from heat; drain. Add remaining ingredients; toss. Arrange potatoes, in a single layer, in an 8-inch square baking dish. Cover and bake at 325°F. for the last 15 to 20 minutes that the lamb is roasting. Makes 6 servings, about 70 calories each. Serve with Crown Roast of Lamb.

CARROT AND ZUCCHINI JULIENNE

3 medium carrots, peeled
3 medium zucchini, scrubbed
2 tablespoons margarine
2 tablespoons chopped fresh dill
Salt and white pepper to taste

Cut carrots and zucchini into strips about 3 inches long and ¼ inch wide. Place carrots into a steamer; place zucchini on top of carrots. Place steamer over boiling water; cover. Steam until zucchini is just tender. Transfer vegetables to a large bowl. Melt margarine in a small saucepan; sprinkle with dill. Pour over steamed vegetables; toss to combine. Season to taste. Makes 6 servings, about 60 calories each.

TOSSED SALAD WITH VINAIGRETTE DRESSING

Salad
1 head Boston lettuce, torn into bite-size pieces
1 head Chinese cabbage, cut into 1-inch thick slices
1 bunch watercress leaves
4 radishes, thinly sliced
Vinaigrette Dressing
2 tablespoons salad oil
1 tablespoon plus 2 teaspoons rice vinegar
1 tablespoon chopped fresh parsley
1 teaspoon lemon juice
¼ teaspoon salt, or to taste
⅛ teaspoon minced fresh garlic
Freshly ground pepper to taste
Croutons
3 slices enriched white bread, lightly toasted
Worcestershire sauce to taste
Garlic powder to taste

Combine salad ingredients in a salad bowl; chill. Just before serving, add Vinaigrette Dressing and toss until well coated. Sprinkle with croutons.

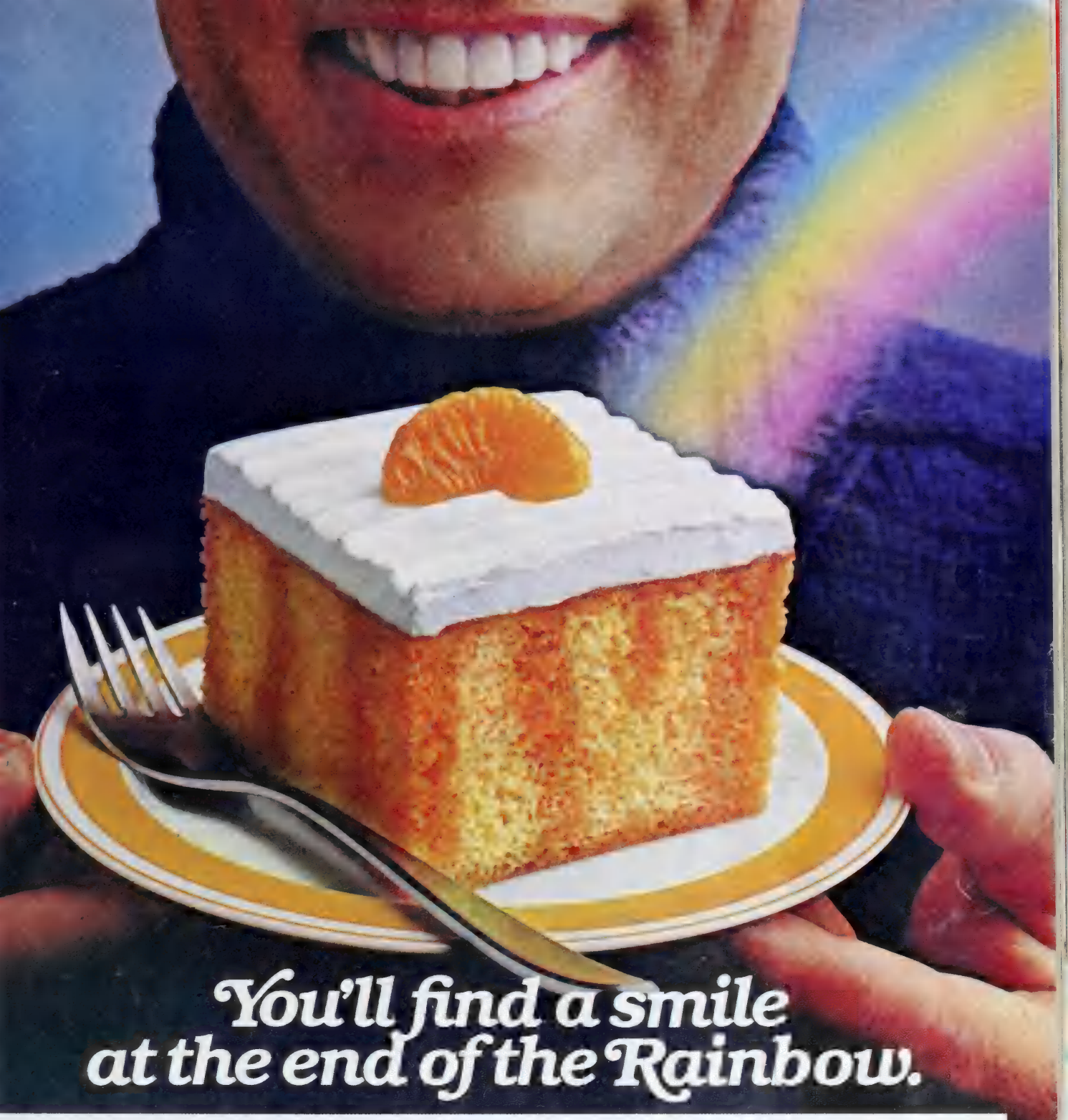
Vinaigrette Dressing: Combine all ingredients in a jar with tightly fitting cover; shake just before serving.

Croutons: Brush one side of toast with Worcestershire and sprinkle with garlic powder. Broil 1 minute. Turn, brush other side with Worcestershire and garlic powder, broil. Cut each slice into 12 equal pieces. Makes 6 servings, about 100 calories each.

TROPICAL MEDLEY OF FRUIT

1 medium papaya, pared, seeded and cubed
2 tablespoons lime juice
2 cups strawberries
2 medium kiwi fruit, peeled and sliced

(continued)



A Jell-O® BRAND gelatin Rainbow Cake is incredibly moist and fruity tasting. You'll see it in their faces.

Lemon-Orange Rainbow Poke Cake

1 package (2-layer size) lemon cake mix or pudding-included cake mix
1 package (3 oz.) JELL-O® Brand Orange Flavor Gelatin
1 cup boiling water
½ cup orange juice or cold water

Prepare cake mix as directed on package, baking in greased and floured 13x9-inch pan at 350°for 35 to 40 minutes. Cool cake in pan 15 minutes; then prick with utility fork at ½-inch intervals. Meanwhile, dissolve gelatin in boiling water. Add orange juice and pour carefully over warm cake. Chill at least 2 hours. Garnish as desired. In high altitude areas, follow high altitude package directions for cake batter.

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The Best Wrap Around.

Gala for Six

continued

Place papaya and lime juice in large bowl; toss. Add strawberries and kiwi fruit; toss to combine. Spoon evenly into 6 dessert dishes. Chill until ready to serve. Makes 6 servings, about 40 calories each.

BRANDYLIKE ALEXANDER

½ cup water
⅓ cup instant nonfat dry milk powder
1½ teaspoons brandy extract
Artificial sweetener to equal 4 teaspoons sugar
4 or 5 ice cubes
Dash nutmeg

Combine all ingredients except ice cubes and nutmeg in a blender container. Cover and blend; add ice cubes, one at a time, and process until light and frothy. Pour evenly into 2 stemmed glasses. Top each with nutmeg. Makes 2 servings, about 40 calories each.

For those following the Weight Watchers program, a single serving of this complete menu is equivalent to the following: 6 ounces "beef" group, 1 serving bread, 1 serving choice group, 5½ servings vegetables, 3 ounces limited vegetable, 3 servings fat, 2 servings fruit, 1 serving milk, ¾ serving bonus (¾ cup tomato juice), 3 servings something extra. **End**

30 MINUTE MEALS

continued from page 109

MENU #1
pictured on page 108

*Vegetable Burgers
*Herbed Zucchini
Frozen French Fries
*Cherry Cobbler

1. Prepare Cherry Cobbler but do not bake; set aside.
2. Prepare Vegetable Burgers and Herbed Zucchini. Place both on broiler pan; broil according to recipe.
3. Cook frozen French fried potatoes in a skillet according to package directions.
4. Reduce oven temperature to 400°F. and bake cobbler while eating dinner.

VEGETABLE BURGERS

Veggies right in the meat. Easy to do if you have a food processor for chopping.

1 pound ground beef
2 carrots, grated
2 ribs celery, chopped
1 small onion, chopped
⅓ cup grated Parmesan cheese
2 tablespoons Worcestershire sauce
1 tablespoon wheat germ
2 eggs
½ teaspoon salt
¼ teaspoon pepper

In a large mixing bowl combine all ingredients and set aside. Preheat broiler. Form meat mixture into four patties and place on rack of broiler pan. Broil about 3 inches from heat for 5 minutes; turn and broil 5 to 7 minutes more. Makes 4 servings, about 425 calories each.

HERBED ZUCCHINI

Place in the broiler along with the Vegetable Burgers.

1 pound zucchini
1 tablespoon salad oil
¼ teaspoon basil
Salt to taste

Wash zucchini; cut each into quarters lengthwise, and then into 2-inch pieces. Brush with oil; place on broiler pan with meat patties. Sprinkle with basil and salt. Broil for 5 minutes; turn and broil 4 to 5 more minutes. Makes 4 servings, about 50 calories each.

CHERRY COBBLER

So simple even the kids can throw this together in minutes.

1 can (21 oz.) ready-to-eat cherry pie filling
½ teaspoon lemon juice
¼ teaspoon cinnamon
1½ cups natural ready-to-eat granola cereal with raisins and dates
2 tablespoons butter or margarine
½ cup plain or vanilla-flavored yogurt

(continued)



Weight Watchers® Mixes have 11 delicious ways you can say "yes."

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5493

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30 MINUTE MEALS

continued

Preheat oven to 400°F. Grease an 8-inch square baking dish. In baking dish combine pie filling, lemon juice and cinnamon; sprinkle cereal on top. Dot with butter. Bake 15 minutes or until bubbly. Serve warm; top with yogurt. Makes 4 servings, about 460 calories each.

MENU #2

pictured on page 109

*Spanish Rice — Bread Sticks
Green Salad with Artichokes — *Rocky Road Pudding*

1. Begin preparing Spanish Rice.
2. Prepare Rocky Road Pudding; refrigerate.
3. Toss greens with a jar of marinated artichoke hearts.

SPANISH RICE

This is delicious—one of our favorite quickies.

1 package (12 oz.) bulk pork sausage, broken into chunks
½ cup chopped green pepper
1 cup long-grain rice, uncooked
1 envelope (1½ oz.) Mexican rice seasoning mix
1 can (16 oz.) stewed tomatoes
2 cups water
2 tablespoons canned chopped green chilies
1 package (10 oz.) frozen green peas

In large skillet over medium-high heat, cook sausage for 5 minutes, stirring occasionally. Spoon off all but 2 tablespoons drippings. Add green pepper and rice and sauté, stirring occasionally, for 2 minutes. Add remaining ingredients except peas. Heat to boiling. Reduce heat; cover and simmer 15 minutes. Add peas and cook 5 more minutes. Makes 4 to 6 servings, about 660 calories per 4, about 565 calories per 6.

ROCKY ROAD PUDDING

Definitely for those with a sweet tooth.

1 package (4½ oz.) instant chocolate pudding and pie filling
¼ cup semisweet chocolate pieces
¼ cup miniature marshmallows
¼ cup chopped nuts

Prepare pudding according to package directions. Fold in chocolate pieces, marshmallows and nuts and pour into dessert dishes. Chill. Makes 4 servings, about 315 calories each.

MENU #3

pictured on page 108

*Sesame Chicken
French-Cut Green Beans with Water Chestnuts
Sautéed Cherry Tomatoes with Basil
Rolls and Butter — *Strawberry Mousse*

1. Prepare Strawberry Mousse; place in freezer.
2. Heat rolls in warm oven.
3. Coat chicken cutlets according to recipe; set aside.
4. Cook frozen green beans according to package directions. Slice about ¼ cup water chestnuts; add to green beans.
5. Sauté cherry tomatoes in butter for about 5 minutes and season with salt and basil.
6. Heat oil for chicken. Cook according to recipe.

SESAME CHICKEN

Sesame seed adds crunch and flavor.

6 boneless chicken breast halves
¼ cup flour
1 egg
¼ cup milk
½ cup dried bread crumbs
¼ cup sesame seed
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons salad oil

(continued)

When you start with good trademarks, the cooking is easy.

Russian Coffee

Place 2½ teaspoons of SANKA® Brand Freeze-Dried 97% Caffein Free Coffee and 1 tablespoon chocolate syrup in large cup. Stir in ¾ cup scalded milk. Stir until dissolved. Top with COOL WHIP® Brand Non-Dairy Whipped Topping and garnish with grated or curled chocolate. Makes 1 serving.



Orange Chicken

Empty 1 envelope SHAKE 'N BAKE® Brand Seasoned Coating Mix for Chicken into shaker bag. Add 1 tablespoon grated orange rind. Moisten 2½ pounds cut-up chicken with ¼ cup orange juice. Coat and bake as directed. Makes 4 servings.



Sparkling Dessert

Dissolve 1 package (3 oz.) JELL-O® Brand Gelatin, any flavor, in 1 cup boiling water. Add 1 cup cold ginger ale. Chill until thickened and add 1 cup diced drained canned fruit. Pour into individual dishes and chill until set. Makes 6 servings.



Pastel Milk

Dissolve 1 envelope KOOL-AID® Brand Unsweetened Soft Drink Mix, any flavor that your family prefers, and 1 cup sugar in 1 cup water. Stir mixture into 7 cups milk in a nonmetal pitcher and chill. Makes 8 servings.



Look for these trademarks of General Foods: SANKA®, SHAKE 'N BAKE®, COOL WHIP®, JELL-O®, KOOL-AID® They're your guarantee of quality.

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GENERAL FOODS



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Every Italian mother knows that when most food is good and expensive, spaghetti with Ragu'® Sauce is just plain good.



Even these days it doesn't cost a lot to serve your family a hot, hearty RAGU' Spaghetti dinner.

Whether you use Traditional RAGU', Extra Thick and Zesty, or one of our Classic Combinations,® you're going to make a lot of people very happy.

RAGU' Spaghetti Sauce. That's Italian!

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Sprinkle chicken lightly with flour; set aside. In a shallow bowl beat egg and milk; set aside. In another shallow bowl or pie plate combine bread crumbs, sesame seed, salt and pepper. Dip chicken into egg mixture and then into bread crumbs, coating both sides.

Heat oil in large skillet over medium-high heat. Add chicken breasts and cook 5 minutes on one side, turn and cook other side another 4 minutes or until golden brown. Makes 4 servings, about 340 calories each per cutlet.

STRAWBERRY MOUSSE

Very festive—and only three ingredients.

1 package (10 oz.) frozen quick-thaw strawberries
2 teaspoons lemon juice
1 cup heavy or whipping cream

If desired, reserve 4 strawberries for garnish. Pour all ingredients into blender or food processor container. Cover and blend or process until smooth and slightly thickened. Pour into 4 serving dishes and freeze until ready to serve, at least 15 minutes. Garnish with reserved strawberries, if desired. Makes 4 servings, about 285 calories each.

MENU #4
pictured on page 109

*Cubed Steak Italiano
Marinated Antipasto Salad
Tortoni

1. Prepare Tortoni; return to freezer.
2. Spoon ready-to-serve marinated antipasto or vegetables from jar onto lettuce greens; set aside at room temperature.
3. Prepare Cubed Steak Italiano.

CUBED STEAK ITALIANO

Prepared Italian cooking sauce is the trick.

1 loaf Italian bread
2 tablespoons salad oil
4 beef cubed steaks (about 1 lb.)
Salt and pepper
¼ cup bottled Italian cooking sauce
1 jar (7½ oz.) roasted red peppers
¼ cup shredded mozzarella cheese

Cut bread into four pieces, then split each horizontally and toast; set aside.

In large skillet heat oil over medium-high heat. Sprinkle steaks with salt and pepper; cook on one side for 2 minutes. Turn steaks and top each with 1 tablespoon sauce, a roasted red pepper and 1 tablespoon cheese. Cover skillet, remove from heat and let steaks stand in skillet 1 minute. Serve on Italian bread. Makes 4 servings, about 610 calories each.

TORTONI

Quick, colorful and crunchy.

1 pint vanilla ice cream
¼ teaspoon almond extract
6 Italian-style macaroons, crushed
4 candied cherries, chopped

Remove ice cream from freezer; let soften about 5 to 10 minutes. Stir in almond extract, crushed macaroons and cherries. Scoop into four dessert dishes. Return to freezer until serving time. Sprinkle each with additional crushed macaroons and cherries, if desired. Makes 4 servings, about 245 calories each.

MENU #5

*Tuna Spinach Pesto on Spaghetti
Sliced Oranges and Red Onion
Salad with Italian Dressing
Pound Cake with Frozen Mixed
Fruit*

1. Heat water in a large pot for spaghetti.
2. Prepare Tuna Pesto; set aside.
3. Arrange sliced oranges and onions on greens. Serve with salad dressing of your choice.
4. Cook spaghetti according to package directions; drain and toss with pesto.
5. Thaw frozen mixed fruit according to package directions while eating dinner; serve on slices of pound cake for dessert.

TUNA SPINACH PESTO

No need to give up pesto if you can't find fresh basil—this version uses spinach.

1 can (6½ or 7 oz.) tuna, packed in oil, drained
1 cup fresh spinach leaves, washed, drained and stems removed
½ cup grated Parmesan cheese
½ cup half and half cream
¼ cup olive or salad oil
1 tablespoon chopped walnuts
1 garlic clove, quartered
1 teaspoon basil
¼ teaspoon salt
1 package (8 oz.) thin spaghetti, cooked and drained

Remove ¼ of the tuna; set aside. Place remaining tuna and all other ingredients, except spaghetti, into food processor or blender container. Cover and process or blend until fairly smooth, stopping occasionally and scraping down sides of container if necessary; set aside.

Quickly toss hot spaghetti with sauce and reserved tuna and serve immediately. Makes 4 servings, about 425 calories each.

MENU #6

*Creamy Chicken Livers
Buttered Noodles
Frozen Broccoli Spears
Lemon Sherbet with
Mandarin Oranges*

1. Heat water for noodles.
2. Cook frozen broccoli spears according to package directions.
3. Prepare Creamy Chicken Livers.
4. Cook noodles according to package directions; drain.
5. Scoop sherbet and top with drained, canned mandarin oranges.

(continued)



Presenting the GE toaster that broils and bakes.



Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

The GE Toast 'N Broil Toast-R-Oven® toaster.

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It's a great oven.

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This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

TEFLON II

Other items made by General Electric use DuPont Teflon® non-stick coatings.

GENERAL ELECTRIC

1. Thaw fish according to recipe.
2. Thaw frozen cheesecake at room temperature.
3. Prepare quick-cooking rice according to package directions.
4. Prepare frozen Hawaiian vegetables according to package directions; keep warm.
5. Cook Nutty Fish Fillets.
6. Prepare frozen pea pods according to package directions.

NUTTY FISH FILLETS

The secret of successful frozen fish fillets is not to thaw completely. Quicker time; better taste.

1 package (16 oz.) frozen fish fillets
⅔ cup all-purpose flour
¼ cup chopped nuts
½ teaspoon salt
⅓ cup evaporated milk
3 tablespoons salad oil

Remove fish from package and place in warmest part of room for 15 minutes to partially thaw.

Meanwhile, place ⅓ cup flour in a shallow bowl. Combine the remaining ⅓ cup flour with the nuts and salt in another shallow bowl. Pour evaporated milk into a third bowl.

Using a serrated knife, slice fish fillets crosswise on the diagonal at about a 45° angle into eight pieces (fish will still be frozen). Dip each piece in flour, then evaporated milk and finally the flour-nut mixture.

Meanwhile, heat oil in large skillet. Cook fish about 3 to 5 minutes on each side until flaky. Makes 4 servings, about 365 calories each.

MENU #8

*Sweet 'n' Sauer Frankfurters
Parslied Potatoes
Celery and Carrot Sticks
Rye Bread and Butter
Chocolate Cake

1. Thaw frozen chocolate layer cake at room temperature.
2. Prepare Sweet 'n' Sauer Frankfurters.
3. Prepare celery and carrot sticks.
4. Heat canned potatoes; top with butter and parsley.

SWEET 'N' SAUER FRANKFURTERS

A great way with franks—will become a family favorite.

1 tablespoon butter or margarine
1 medium onion, sliced
1 pound sauerkraut, drained (2 cups)
1 can (8 oz.) tomato sauce
3 tablespoons dark brown sugar
1 bay leaf, crushed
8 frankfurters

In large skillet, over medium heat, melt butter or margarine. Add onion and sauté until tender, about 5 minutes. Stir in sauerkraut, tomato sauce, sugar and bay leaf until mixed. Add frankfurters, cover and simmer 20 minutes. Makes 4 servings, about 375 calories each. **End**

30 MINUTE MEALS

continued

CREAMY CHICKEN LIVERS

Cream cheese, condensed soup and vermouth team up to provide a tasty base for chicken livers.

3 bacon slices, cut into ½-inch pieces
1 pound chicken livers, each cut in half
1 can (10¾ oz.) condensed creamy chicken mushroom soup, undiluted
1 package (3 oz.) cream cheese, cut into pieces
¼ cup milk
¼ cup dry vermouth
2 tablespoons chopped chives
¼ teaspoon pepper

In large skillet over medium heat, cook bacon until crisp; remove from skillet and set aside. To drippings in skillet add chicken livers and cook for 10 minutes, stirring occasionally. With slotted spoon remove livers; set aside. Add remaining ingredients and cook over medium heat, stirring constantly until blended and simmering, about 5 minutes. Return bacon and livers to skillet and heat for an additional 5 to 7 minutes. Serve with hot, cooked noodles. Makes 4 servings, about 415 calories each without noodles.

MENU #7

*Nutty Fish Fillets
Rice with Hawaiian Vegetables
Steamed Pea Pods
Cheesecake

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Golden Lights® ends every-which-way search for taste.

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Golden Lights: 8 mg.'tar,' 0.7 mg. nicotine av. per cigarette by FTC Method.

Brownies

continued from page 111

All pictured on pages 110–111

THE QUINTESSENTIAL BROWNIE

Definitely a bittersweet—not a sweetie-sweet brownie. Our favorite!

4 squares (1 oz. each) unsweetened chocolate
½ cup butter or margarine
3 eggs
1 cup sugar
1 teaspoon vanilla extract
½ cup unsifted all-purpose flour
¼ teaspoon salt
1 cup chopped pecans

Preheat oven to 350°F. Grease and flour an 8-inch square baking pan; set aside while preparing batter.

Melt chocolate and butter or margarine over low heat, stirring occasionally; set aside. In large mixer bowl beat eggs until foamy. Gradually add sugar, beating just until combined, scraping sides of bowl occasionally. Gradually add chocolate and vanilla. Stir in flour and salt just until blended. Fold in pecans. Spread in prepared pan. Bake 20 to 25 minutes or until toothpick inserted in center comes out barely clean. Do not overbake. Cool completely in pan on wire rack. Cut into 16 squares, about 220 calories each.

SPECTATOR BROWNIES

An unusual cheesecake-y brownie.

Vanilla batter
2 packages (3 oz. each) cream cheese, softened
2 tablespoons butter or margarine, softened
1 egg
½ cup sugar
1 tablespoon flour
1 teaspoon vanilla extract

Chocolate batter
½ cup unsifted all-purpose flour
¼ teaspoon baking soda
¼ teaspoon salt
6 squares (1 oz. each) semisweet chocolate
½ cup butter or margarine
2 eggs
½ cup sugar

Preheat oven to 350°F. Grease and flou a 9-inch square baking pan; set aside *Vanilla batter:* In small mixer bowl com bine cream cheese and butter or mar

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Sanka. The coffee that lets you be your best. At home. *And away from home.*

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garine. Beat in egg. Gradually add sugar, flour and vanilla; beat until well mixed, scraping sides of bowl occasionally. Set aside.

Chocolate batter: In medium bowl combine flour, baking soda and salt; set aside. Melt chocolate and butter or margarine over low heat, stirring occasionally; set aside.

In large mixer bowl beat eggs until foamy. Gradually add sugar, beating until light and fluffy. Beat in chocolate mixture. Stir in dry ingredients just until blended. Pour about half the chocolate batter into pan. With small spatula carefully spread vanilla batter on top. Drop remaining chocolate batter by tablespoonfuls on top of vanilla batter. With a knife or rubber spatula, swirl just until the mixtures are marbled. Bake for 30 to 35 minutes or until toothpick inserted in center comes out barely clean. Do not overbake. Cool completely in pan on wire rack. Cut into 16 squares, about 230 calories each.

SWEET TOOTH BROWNIES

Easy to throw together (no chocolate to melt). They will appeal especially to kids.

1¼ cups unsifted all-purpose flour
¼ teaspoon baking soda
⅛ teaspoon salt
2 eggs
⅔ cup sugar
1 cup chocolate-flavored syrup
⅓ cup salad oil
1 teaspoon vanilla extract
¼ cup chopped nuts
Topping
1 cup miniature marshmallows
½ cup semisweet chocolate pieces

Preheat oven to 350°F. Grease and flour a 9-inch square baking pan; set aside.

In small bowl combine flour, baking soda and salt; set aside. In large mixer bowl beat eggs until foamy. Gradually add sugar, beating until light and fluffy, scraping sides of bowl occasionally. Stir in chocolate syrup, salad oil and vanilla. Add dry ingredients and stir just until blended. Fold in nuts. Spread in prepared pan. Bake 25 to 30 minutes or until toothpick inserted in center comes out barely clean. Do not overbake.

Remove from oven and immediately sprinkle marshmallows and chocolate pieces on top. Return to oven; bake 2 minutes more until chocolate begins to soften. Remove from oven and with back of spoon or small spatula swirl topping lightly. Let cool completely in pan on wire rack. Cut into 16 pieces, about 240 calories each.

PISTACHIO FUDGE BROWNIES

Brown sugar lends a caramel flavor; the pistachio nuts add color and crunch.

2 squares (1 oz. each) unsweetened chocolate
½ cup butter or margarine, softened
1 cup granulated sugar
1 cup light brown sugar, firmly packed
¼ cup light corn syrup
2 eggs
1 teaspoon vanilla extract
¾ cup unsifted all-purpose flour
½ teaspoon salt
Glaze
2 squares (1 oz. each) semisweet chocolate
2 tablespoons butter or margarine
¼ cup blanched, finely chopped pistachio nuts

Preheat oven to 375°F. Grease and flour 9-inch square baking pan; set aside.

Melt chocolate over hot, not boiling water; set aside. In mixer bowl cream butter or margarine and sugars until light and fluffy; add corn syrup. Add eggs, one at a time, beating well after each addition. Add vanilla and melted chocolate, scraping sides of bowl occasionally. Stir in flour and salt just until blended. Spread in prepared pan. Bake 30 *(continued)*

Want to see Grover open 6 cans of dog food?
(Turn page.)

Brownies

continued

to 45 minutes or until toothpick inserted in center comes out barely clean. Do not overbake. Cool completely in pan on wire rack before glazing.

For glaze: Melt chocolate and butter or margarine over hot, not boiling, water, stirring occasionally until smooth and melted. Remove from heat; immediately pour over top of brownies, spreading evenly with spatula. Cool 10 minutes. Sprinkle on nuts. Let glaze set completely before serving. Cut into 16 pieces, about 230 calories each.

COCOA CAKE BROWNIES

Created for those who prefer cake-like brownies.

⅔ cup unsifted all-purpose flour
⅓ cup unsweetened cocoa
½ teaspoon double-acting baking powder
¼ teaspoon salt
½ cup butter or margarine, softened
½ cup granulated sugar
½ cup light brown sugar, firmly packed
2 eggs
1 teaspoon vanilla extract
¾ cup chopped nuts

Preheat oven to 350°F. Grease and pan; set aside.

In medium bowl combine first 4 ingredients; set aside. In large mixer bowl cream butter or margarine and sugars until light and fluffy, scraping sides of bowl occasionally. Add eggs and vanilla; continue beating until light and fluffy. Stir in dry ingredients just until blended. Fold in ½ cup nuts. Spread in prepared pan; sprinkle remaining ¼ cup nuts on top. Bake 30 to 35 minutes or until toothpick inserted in center comes out barely clean. Do not overbake. Cool completely in pan on wire rack. Cut into 16 squares, about 170 calories each.

IRENE'S BUTTERFUDGE DELIGHTS

Irene Sahatjian, of Lexington, Mass., created these for her favorite lovers of sweets.

Brownies
2 squares (1 oz. each) unsweetened chocolate
½ cup butter or margarine
2 eggs
1 cup sugar
½ teaspoon vanilla extract
⅛ teaspoon almond extract
½ cup unsifted all-purpose flour
¼ teaspoon salt

Filling
3 tablespoons butter or margarine
1½ cups confectioners' sugar
2 or 3 tablespoons heavy cream or milk
½ teaspoon vanilla extract

Glaze
2 squares (1 oz. each) unsweetened chocolate
1 tablespoon butter or margarine
16 shelled whole almonds

Brownies: Preheat oven to 350°F. Grease and flour a 9-inch square baking pan; set aside.

Melt chocolate and butter or margarine together over low heat; set aside. In large mixer bowl beat eggs until foamy. Gradually add sugar, beating until light and fluffy, scraping sides of bowl occasionally. Gradually add melted chocolate mixture, vanilla and almond extracts until just combined. Stir in flour and salt just until blended. Spread in prepared pan. Bake 30 minutes or until toothpick inserted in center comes out barely clean. Do not overbake. Cool in pan on wire rack for 1 hour.

Filling: In small saucepan melt butter or margarine until it bubbles and turns medium brown; remove from heat. In small mixer bowl combine melted butter and confectioners' sugar; beat until smooth. Gradually add cream or milk and vanilla and continue beating until smooth and creamy. Spread filling over brownies. Refrigerate 1 hour or until firm. Frost with glaze.

Glaze: Melt chocolate and butter or margarine over hot, not boiling, water. Remove from heat and spread evenly over brownies. Place almonds 2 inches

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part on top. Refrigerate 1 hour until glaze is somewhat firm. ut into 16 squares. Refrigerate 1 to 2 hours or until serving me. Makes 16 pieces, about 250 calories each.

BLONDIES

eminds us of a chewy chocolate-chip cookie.

cup butter or margarine
cup light brown sugar, firmly packed
egg
teaspoon vanilla extract
cup unsifted all-purpose flour
teaspoon salt
cup (6 oz.) semisweet chocolate pieces

eheat oven to 350°F. Grease and flour an 8-inch square aking pan; set aside.

In small saucepan melt butter or margarine over low heat; move from heat. Add sugar; stir until smooth and dissolved. ansfer mixture to large mixer bowl and beat 1 minute. Add g and vanilla; continue beating until light and fluffy, scrap- g sides of bowl occasionally. Stir in flour and salt just until ended. Fold in chocolate pieces. Spread in prepared pan. ake 25 to 30 minutes or until toothpick inserted in center mes out barely clean. Do not overbake. Cool completely in n on wire rack. Cut into 16 squares, about 170 calories ch.

SERENDIPITOUS BROWNIES
not pictured

basic brownie with intriguing variations.

squares (1 oz. each) unsweetened chocolate
cup butter or margarine
eggs
¼ cups sugar
cup unsifted all-purpose flour
teaspoon salt
easpoon vanilla extract

eheat oven to 350°F. Grease and flour an 8-inch square king pan; set aside.

Melt chocolate and butter or margarine over low heat, stir- g occasionally; set aside. In large mixer bowl beat eggs til foamy. Gradually add sugar; beat until light and fluffy, aping sides of bowl occasionally. Beat in chocolate until t combined. Stir in flour, salt and vanilla just until blended. read in prepared pan. Bake 30 to 35 minutes or until tooth- k inserted in center comes out barely clean. Do not over- ke. Cool completely in pan on wire rack. Cut into 16 uares; about 165 calories each.

RIATIONS:

t: Fold ¾ cup chopped pecans or walnuts into the batter. out 200 calories each.

un: Reduce flour to ½ cup and add ⅓ cup bran flakes to dry redients. About 160 calories each.

te: Fold ⅔ cup chopped, pitted dates into the batter. About 5 calories each.

uble Chocolate: Fold ½ cup semisweet chocolate pieces the batter. About 195 calories each.

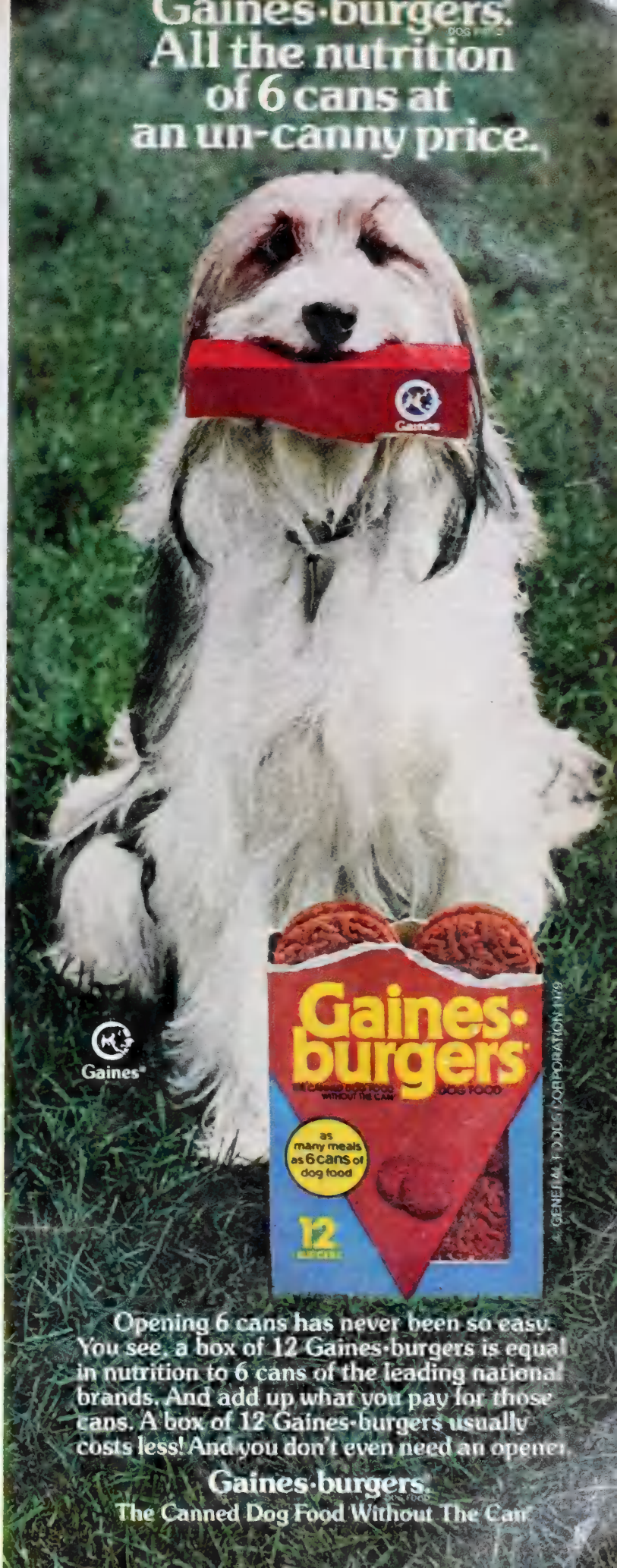
cha Brandy: Reduce sugar to 1 cup. Add 2½ tablespoons ee liqueur along with vanilla extract. About 175 calories h.

ce: Reduce vanilla extract to ½ teaspoon. Add ½ teaspoon ted orange peel and ¼ teaspoon cinnamon with dry in- dients. About 165 calories each.

Note: The best method for storing brownies (provided have any left over or want to make a double batch) is to ze them. Cut the completely cooled brownies into squares wrap individually in plastic wrap or foil; freeze up to 1 nth.

End

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Your Family's Health

Valium victims speak out. A doctor designs better-looking neck braces. Plus a report on new, more effective treatments for vaginal illnesses.

By David R. Zimmerman

THE VALIUM HABIT. "I couldn't express any grief when my father died. I wanted to cry, but I couldn't," said a Delaware housewife, explaining to the Senate Subcommittee on Health why she decided to try to kick her Valium habit. A Catholic priest from New York City described the horror he went through while fighting his addiction to the drug: "The anxiety was enormous. I was afraid to go from one building to another. I felt that one would fall on me." A California bank officer testified: "My doctor told me it was non-addictive—he still says it's not!" Her eventual dependency led her to four different doctors in order to get enough Valium prescriptions to maintain her daily habit, which included a gallon of wine. Another Californian, a physician, said that once he stopped taking the drug he felt as if "someone had put kerosene under my skin, then from time to time put a torch to it."

Witnesses agreed that an addiction to Valium, a tranquilizer that may be used, and abused, by more women than men, is difficult to overcome and the process can even be dangerous. Several drug rehabilitation specialists, including Navy psychiatrist Joseph Pursch, M.D.—who was Betty Ford's doctor—stated that it's possible to develop a serious dependency after only a few months of using the drug. It should therefore be used for brief periods of time and only when there are strong medical reasons to do so. If you're trying to get off Valium, you probably need professional assistance. The best place to get help is at your local drug rehabilitation center.

NECK BRACES WITH STYLE. Cervical collars, worn to relieve pain and tension in the neck, head and arms, sometimes due to whiplash, are prescribed for millions of women each year. Most would agree that the dingy-white contraptions are not very attractive—until now. A Los Angeles neurosurgeon, J. DeWitt Fox, M.D., has designed a line of fabric-covered collars in a wide variety of colors—some are even trimmed with ornamental jewelry. For a Fox Fashion Collar brochure, you or your doctor can call this number toll-free: 1-800-421-4210 or, in California, 1-800-252-0500.

VD RELIEF. The search for more effective ways to treat sexually-transmitted diseases has resulted in two major breakthroughs:

- *Genital herpes* is a stubborn and recurrent viral illness that may be a precursor to cervical cancer. An experimental drug, 2-deoxy-D-glucose, cured the painful eruptions for 90 percent of the women tested by virologist Herbert Blough, M.D., and gynecologist Robert Giuntoli, M.D., of the University of Pennsylvania School of Medicine in Philadelphia. Most of the women were symptom-free within four days—the first successful therapy for this illness ever reported.
- *Nonspecific vaginitis*, a burning, itchy infection that results in a profuse and malodorous vaginal discharge, is in many cases caused by a bacterium called H. vaginalis. It has long been treated with creams that contain sulfa drugs. Now, infectious disease specialist King K. Holms, M.D., of the University of Washington in Seattle, says that topical sulfa drugs used for the treatment of nonspecific vaginitis are ineffective and have become an annual "fifty-million-dollar rip-off." His view is shared by an FDA advisory panel, which recommended that these drugs be banned. A study conducted a year ago by Dr. Holms showed that the drug Flagyl (Searle) was very effective in the treatment of this illness.

FOUND VOICES. Victims of throat cancer, after their voice boxes and vocal cords have been removed, must breathe through an opening cut in their throats. These patients, called laryngectomees, must learn to speak by forcing small amounts of air down the esophagus, then using this air to make vibrating speech sounds in the throat as they bring it back up. It's a technique that's difficult to master and, at best, the result is short sentences and gravelly sounds. An Italian otolaryngologist decided to tackle that problem, and the surgical procedure he created is now being tried experimentally in Chicago, by Loyola University's Mario Lucchinetti, M.D., and William M. Gatti, M.D., and by colleagues at Northwestern, as well as at Emory University in Atlanta and the University of Texas in Galveston.

In the new method, a tiny slit is made in the patient's neck that allows air to pass from the windpipe into the esophagus. When the person wants to speak, he covers the breathing hole in his neck and allows his lungs, on exhaling, to force a thin stream of air up through the slit and into the esophagus, where speech sounds are produced as the air is expired. The large volume of air made available in this way means that patients can utter longer sentences with greater clarity. The surgical challenge is to make the tiny opening in such a way that little or no food and water will leak down into the lungs.

The operation can be done at the time of cancer surgery or years later. "Our success rate is very good and there is little or no risk," says Dr. Lucchinetti. Adds the inventor of the method, Mario Staffieri, M.D., of Piacenzo, Italy. "I had two patients who were over seventy—one hadn't spoken in eleven years—and she was able to sing!" **End**

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Georgia



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Barbara Creger
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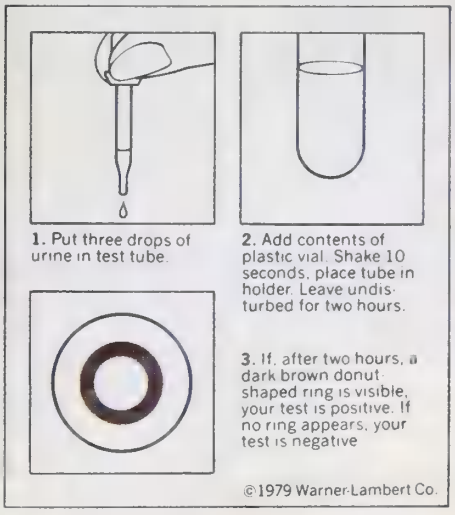
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2. Add contents of plastic vial. Shake 10 seconds, place tube in holder. Leave undisturbed for two hours.

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The BIG Plants

If you've always wanted one of those really BIG plants for your home, go ahead and splurge. They're a lot easier to care for than you'd think and not really that expensive, when you think how long they last. By Virginie F. and George A. Elbert.

Everyone would like to have at least one of the really BIG plants for the house. They are instant decoration, instant glamour. But in addition to BIG size, they can be very BIG in price. Are they a safe buy, you may well ask, and how long do they last? Believe us, BIG plants are among the safest plants you can buy, and with reasonable care should last ten to 15 years, much like furniture.

We have made a list of easy, big plants that is based on adaptability, including a reasonable tolerance of neglect. The nurseries have grown them just because they are so reliable. In fact, if you look closely at any large stock of big plants, you will notice that there are only a few basic types, but in different varieties. It also follows that there are also no great differences among them.

If you've yearned for a big plant, you probably also know exactly where you'd like it. "A plant would look just right behind that couch." But, before you buy, you must decide whether it will have enough light—the single critical factor. Do not believe photographs that show plants in the middle of rooms, in dark corners or between windows, with no visible source of light. No plant can survive such conditions. Either it must have daylight from a window or sufficient artificial light.



Ponytail Plant

A southern exposure receives the most sunlight, followed by west and east; north has none. If there is no obstruction, these plants can be grown very close to a north window, a few feet back from an east or west window and up to five feet back from a window with southern exposure.

A plant that reaches up higher than the window will be in deep shade. The farther you move it back into the room, the lower it must be in order to receive sufficient light. Floor-to-ceiling windows are sometimes high enough for a ten foot or even taller plant. In many houses and apartments, however, the top of the window is often just eight feet above the floor and, in newer homes, the height may be seven feet or less. (For artificial light, two Wonderlite bulbs, placed one and a half to three feet above the plants' top and lighted ten hours a day will keep any of the plants we list in good condition.)

If you want a big plant, buy a big plant. Don't buy a ten-inch one and expect it to become big enough in a few weeks. On the other hand, it is wise to select one that is somewhat smaller than your ideal size, for although all of those we list are rather slow-growing they *do* grow. Some plants can be pruned, but not all, and we indicate this in our listing. For most homes, a plant four to six feet high (including pot) is big enough.

Beyond size and shape look for a plant that is healthy. Nurseries often grow these plants in high humidity and often overfeed plants to speed their growth. Their leaves will be soft and thin and the shrubby kinds will have drooping branches. A telltale sign is when lower leaves are yellowed and feel moist.

Black, heavy soil does not indicate that it is *(continued)*

Photographs by the authors at these two New York City nurseries: Farm & Garden Nursery and Plant Specialists, Inc.

The BiG Plants

rich. Better, for indoor plant growing, soil should be light-colored, partly sandy and quite porous. You should be able to poke your finger into it. Poor soil will have to be changed.

Look under the leaves for signs of brown scale and into the joints of leaves and twigs for white gooey masses that are mealybugs. And hold leaves against the light to check for tiny translucent spots that can mean mites. Fortunately, most plants shipped to the stores are fumigated thoroughly. But if the plant has been in the shop or out in the open for a while, insect trouble may occur.

Big plants are usually sold in 12- to 18-inch-diameter green plastic tubs. They're practical, but not pretty. For the house you will want to cover them with a larger, more decorative pot, or repot altogether. Pot covers come in many sizes and styles. There are even open-ended, straw-work sleeves. If you pick a cover with a solid bottom it should be two inches *higher* and *wider* than the planted pot. Place pebbles or plastic crate in the bottom to a depth of ¾ to one inch. The extra width on the sides will allow you to suck up excess water from the bottom by inserting a roasting baster.

If your new plants need repotting, here's how. Choose a heavy plastic or clay pot, or a wooden tub, of the same size the plant came in, and with holes in the bottom. Spread newspaper and lay the plant and pot on their sides. Cut away the plastic pot with a scissors or, with someone holding it, pull the plant out.

Shake off most of the soil around the roots onto the paper. Prepare sufficient new soil by mixing two parts of peat to one part vermiculite and one part of perlite or sand. Packaged *soilless* potting mix will also do. No drainage material is necessary. Put some of the soil in the bottom of the pot. Set the plant upright and fill in at the sides with the new soil. With a broomstick handle, pack the soil inward from the sides of the pot until it is firm everywhere. Put the potted plant in a saucer, water well and move it to its permanent position. There are also very handy round and square platforms on wheels, with a saucer attached, that make it easy to move plants, if necessary.



Dieffenbachia



Bamboo Palm



Weeping Fig



Ming Aralia



Norfolk Island Pine



Cornstalk Plant



West Indian Holly

The care of these plants is simple.

1. Replace heavy soil with soilless mix. We, ourselves, always do this whether we find that the soil is good or not.

2. Leaves yellow and drop because of improper watering. Don't believe that sprinkling the top of the soil is sufficient. A big plant may require a half gallon or more at each treatment. The more thoroughly you water each time the better, as the soil will remain moist much longer . . . at least three weeks in winter and two weeks in summer. Follow our advice in the plant list about drying out. Generally speaking, even moisture is safe.

3. All plants need food, therefore you *must* fertilize. Choose a houseplant fertilizer with the first number the highest of the three on the label and use as directed once a month in summer and not at all between the end of November and the first of March. This will keep the plants healthy but not growing too fast.

4. Watch for insects. At least 50 percent of the damage to houseplants is done by insects. The worst are mites. They are invisible to the naked eye, but leaves will yellow or gray in patches and there will be tiny translucent spots on the leaves. With a 10-power magnifying glass you can see the little spiders. Wash the undersides of the leaves every week under a strong jet of lukewarm water until all signs of the pests have disappeared.

Mealybug appears as masses of goo and furry whiteness in the joints of leaves and small twigs. Remove with a soft paint brush dipped in rubbing alcohol. Keep doing this until there are no further signs. Washing also helps.

Scale insects are little, brown, shiny objects along the ribs of leaves and stalks. Wash off first and then remove remaining ones with a stiffish brush dipped in rubbing alcohol.

And now, here is our listing of big plants that are as long lasting and as carefree as plants can be.

Araucaria, the Norfolk Island Pine. Handsome, very symmetrical evergreen. Set in an east or west window. Temperature range, 50–85°F. *(continued)*

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Is saving a little money really worth spot problems? Most bargain brands can leave drops that spot. But Cascade's sheeting action leaves glasses virtually spotless.

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The BIG Plants

continued

Prefers a cool house. Keep moist, not wet, at all times.

Beaucarnea, the Ponytail Plant. Big, weird and beautiful. The base of the trunk is greatly swollen. A spray of very long, narrow leaves grows from the top. Grow in any window but north. Minimum temperature 45°F. Keep just moist or lower leaves will die. It will survive for months without water and is the safest of all plants to buy.

Dieffenbachia, Dumb Cane. The large-leaved kinds are best and grow one to a pot. Keep near a south window. Minimum temperature 60°F. Dry out between waterings.

Dizygotheca, False Aralia. Large plants have tall canes and big, bronzy, many-fingered leaves. Grow near a south window. Temperature range 60° to 90°F. Dry out between waterings.

Dracaenas. Cornstalk plants and Marginatas, and their relatives. They are most impressive when grown in clusters. Minimum temperature 55°F. Keep moist. Mostly green leaves indicate the plant will grow in any window. Very durable.

Ficus, Fig Trees. The Weeping Fig, F. benjamina, looks like a delicate birch tree. The Fiddleleaf Fig is totally different. The leaves are big and leathery and the spreading branches are woody. Both are reliable. Rubber Plants, formerly so dependable, have been overbred and pampered so that we can no longer recommend them. F. benjamina loses some leaves in winter but recovers them in the spring.

Leea coccinea, West Indian Holly. A newcomer that doesn't look at all like holly. It grows in any window. Minimum temperature 55°F. Keep just moist and do not dry out. It's a heavy drinker.

Palms. The best for indoors is the Parlor Palm (Neanthe bella, Chamaedorea), which can be bought as a single plant or with several in a tub. Bamboo palms are next best. They grow by offsets and produce clusters of stems. Happy in any window but north. Minimum temperature 50°F. They don't like to be dried out.

Podocarpus. A columnar tree with narrow, dark green leaves. Temperature range 45° to 85°F. Very slow growing. Keep evenly moist.

Polyscias. Ming Aralia. Large plants have several stems and a number of upright branches. Good in any window. Beautiful, long lasting.

Schefflera. Queensland Umbrella Tree. Big and spreading with large compound leaves. Minimum temperature 55°. Water thoroughly but allow to dry out completely between.

Here is a guide to the adaptability of these plants.

Especially slow growing. Ponytail Plant, Dracaena, Parlor Palm, Podocarpus, Ming Aralia, Schefflera.

Least light. Dracaena, Ming Aralia, Schefflera.

Least water. Ponytail Plant, Dracaena, Schefflera.

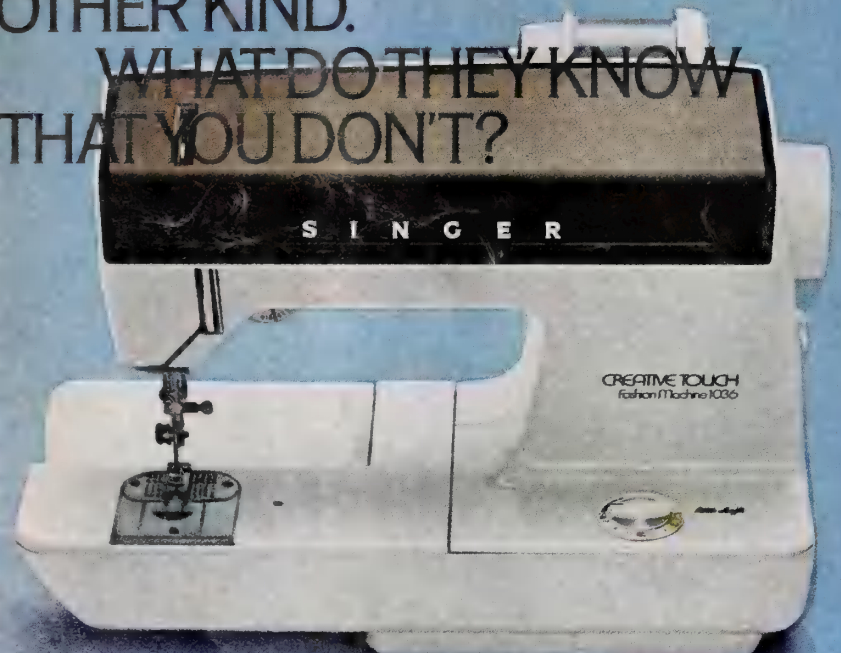
Cool house (50 degrees F.). Ponytail Plant, Podocarpus, Norfolk Island Pine, Parlor Palm.

Most subject to insects. Dieffenbachia, False Aralia, the palms. The others rarely become infested.

Can be pruned. False Aralia, Dracaena, Ficus, Leea, Podocarpus, Ming Aralia, Schefflera.

Never prune. Araucaria, Ponytail Plant, Dieffenbachia, any palm. **End**

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FOR JOEL

By Ruth Wollheim

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In circles and seasons
Toe to toe.

Move with me
Through sound and light
Floating loosely
Hand to hand.

Sway with me
With grace and bliss
We slide on and on
Face to face.



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LAND O LAKES® Succulent Sesame Chicken

2/3 c. Land O Lakes Sweet Cream Butter
1 c. sesame snack crackers, crushed
1 tsp. garlic salt
1/2 tsp. pepper
1 tbsp. lemon juice
2-1/2 to 3 lb. frying chicken, cut into 8 pieces
2 tbsp. chopped fresh parsley

Preheat Oven: 350°

Yield: 4 servings

In heavy 2-qt. saucepan, melt butter over med. heat (4 to 5 min). Meanwhile, in 9" pie pan combine cracker crumbs, garlic salt and pepper. Add lemon juice to melted butter; stir to blend. Dip chicken in melted butter then roll in seasoned crumbs to coat; *reserve remaining butter.* Place chicken skin side up in ungreased 13x9" (3 qt.) baking dish; sprinkle with remaining crumbs. Bake near center of 350° oven for 65 to 75 min. or until chicken is fork tender. Meanwhile, add parsley to remaining melted butter. When chicken is tender, pour butter sauce around and over chicken. Return to oven for 5 to 10 min. or until sauce is heated through. To serve, spoon butter sauce over chicken.

Immortal Hari

continued

weeks ago he had been the centerpiece in the window of a Beverly Hills pet store when my friend passed by. He was not shopping for a dog, but he could not pass the window. Such information suggested that Hari must have been expensive, and irresistible. With a family already including collies and cats, I agreed to keep Hari for as long as necessary.

Late that afternoon Hari and his owner, connected by a new leash, were waiting for me on the sidewalk in front of their dogless apartment building. I must have greeted my friend and sympathized with his misfortune, but all I remember of our fateful meeting was the black-and-white puppy I lifted into my arms, the smell of smoke on his fur and the warmth of his fat body as he wriggled toward my face to lick the tip of my nose. All puppies are instant charmers, not only because they are helpless, heedless companions of the best and worst of us, but because without exception their disproportionate dimensions remind us of our own babies. Heads are a little too large, faces a little too small, torsos a little too long, limbs a little too short. These are features puppies and babies share, and puppies have an added smile, a tail.

Lhasa apso—for that was Hari's breed—is a Tibetan breed that never quite adjusts to adult canine proportions. The Lhasa grows up all wrong in all the right places. His round head is always too large; his face never develops a profile; his stubby legs support a long, low body at a slant. This forward tilt is exaggerated by a high plume tail set backwards, like a teakettle handle, and because his face is already close to the ground he lies down from front to back. All of these permanent puppy features are later overlaid with a cape of long, silken hair, parted along his spine, falling forward to his button nose. Hari was the epitome of Lhasas. He may have been designed by God, but he could well have been designed by Disney.

Preparing my family for Hari's emergency visit was easy. All were used to animals as natural family members, to be considered and respected, to be reprimanded and forgiven, to be loved, not possessed. Much more difficult for me was explaining to my three daughters that Hari was a temporary guest until his own house was rebuilt. Each assured me she understood, pleased to rescue any victim of the holocaust that had come so close to our own house. But that was before I carried Hari through the kitchen door, removed his leash and allowed him to precede me into the swarm of cats and collies and little girls waiting to welcome him. As he flung his tail over his back and marched purposefully into their midst, I knew that Hari would be much more than a houseguest. He would be king.

And by the end of that first evening Hari had chosen his queen—my oldest daughter, Susie, then 12. Because she was born with a rare and incurable bone disease—one of whose symptoms was brittle bones easily and often broken—she could not enjoy the company of collies. Also, because of her affliction, Susie was usually confined to a wheelchair, a tiny girl weighing only 60 pounds. She had lived her life surrounded by a family of large, healthy people and animals, never wondering, aloud at least, whether there was anyone small enough to ride beside her in her chair, to sleep at the foot of her bed without crushing her, anyone willing to accept her limited world as big enough if she was also there. That night there was, and he was Hari.

Hari's first concern was Susie, to whom he was immediately devoted. He rode with her, sat under the piano bench while she practiced, ran into her room every few minutes, between his other duties, to check up on her. Susie's research revealed that one of the traditional roles of these Tibetan dogs was to warm the toes of the lamas in that mountainous region where temperatures are low and royal toes cold. Apparently, Hari's brief life in California had not disrupted his genetic discipline, and whenever Susie's toes were available he rested his chin across them.

Next on Hari's list of the favored were my wife and I, large providers, family catalysts he counted as necessary. My younger daughters were acknowledged because they were also humans, but because they were preoccupied with cats and kangaroo rats (objects Hari did not find amusing), he merely wagged his tail in passing, no more. As for the collies, he treated them as members of a lower order, harmless enough but certainly not like him. Only when they forgot their place outside and attempted to join the rest of us did Hari warn them off. All of these responsibilities kept him busy, for someone was always out of Hari's order.

And of course Hari grew. According to his breed, he did so horizontally, seeming to sink toward the floor as he grew longer. Perhaps to give his front end character, his lower canines jutted over his upper lip, bulldog style, so that facing him nose to nose reminded me of a confrontation with a drill sergeant whose tail wagged.

As the weeks of Hari's visit passed, Susie's life changed. Always enthusiastic, interested in a wide range of activities she could only read about, her high spirits now fairly bubbled. Our discussions each evening concerned her accounts of Hari's progress toward perfection. Every paragraph of her report began with "Hari and I"; every concluding opinion was "Don't you think that was smart of him?" She consulted and praised him, defended and forgave him. She needed other company less often, and never minded being left alone. She'd be fine. Hari was there.

I watched this mutual commitment with increasing anxiety. I could no longer bring myself to mention Hari's other family, nor could Susie. Occasionally, I met his owner, who invariably began our conversation with "How's Hari?" to which I quickly countered "How's the house coming along?" Neither of us ever answered the other's question, and I began to dread our meetings. Weeks turned into months, winter became spring, and Susie's world remained the sunlit kingdom where she and Hari lived.

Then the telephone call. "We're back in the house," my famous friend told me, then paused. "But why don't you keep Hari? After all, he's lived almost all his life with you." *(continued on page 171)*



"I paint what I see."

5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

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DORAL II

Only 5 mg tar. No other cigarette with this little tar...



...has this much taste.



ONLY 5 MG TAR

Get what you never had before: Satisfaction with ultra-low tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MEALTIME EXPRESS

Marching along, some super-fast, super-good food ideas

STAR QUICKIE

SAVORY TURKEY PIE

Combine 2 lbs. raw ground turkey, 1 egg, ½ cup *each* fresh bread crumbs, chopped green pepper, chopped onion; 2 Tb. oil. Salt, pepper to taste. Pat into 9-inch pie plate. Top with ketchup. Bake at 350° F. for 35 minutes. Serves 6.

start with a carton of cottage cheese

Creamy and 8 ozs. makes: • Health Crunch. Stir in raw vegetables such as shredded carrots, chopped green onions, diced cucumber; top with wheat germ. • Russian Ruby. Fold in a 2 oz. jar of red salmon caviar; serve atop blini, toasted bagels, boiled potatoes. • Luau Morning. For lighter pancakes, mix with 4 eggs, 1/3 cup flour, dash salt; add small can crushed pineapple. Cook on greased griddle. • One Potato. Spoon into a large baked potato, top with alfalfa sprouts (our Food Editor invented this for a light supper).

Spice It Up with THYME

Tantalizing! • Classic in clam, fish chowders. • Adds sparkle to canned soups. • A teaspoon in a chicken pot pie provides old-fashioned flavor. • Great in stuffings for poultry or fish. • Stir into sauteed chicken livers with a shot of red wine. • Brush split whole-wheat pita pockets with melted butter, a sprinkle of thyme. Cut into wedges and heat in oven. Use as dippers with hors d'oeuvres. • Dust generously into plain steamed rice. • Especially good with tomato-y things ... juice, soups, sauces. • Rub into lamb chops or roasts along with black pepper, onion powder. • For zippier biscuits, mix right into the dough (½ tsp. for 12).

Pound Cake top it with

(start with a slice of plain)... • frozen mixed fruits and a generous spoonful of whipped cream. • marshmallow cream, chocolate sauce and a sprinkling of peanuts. Kids will love it. • cherry pie filling, a dollop of sour cream. • toast and cover with warm apple sauce spiced with nutmeg, grated lemon peel. • butterscotch sauce, a shredding of coconut. Broil until bubbly, add a scoop of vanilla ice cream. • a pouring of almond-flavored liqueur. Then, mix chopped semi-sweet chocolate, grated orange peel and chopped almonds into ricotta cheese; spread for an elegant dessert. • sliced bananas, thinned-out raspberry jelly. Easy, pretty. • or sliced peaches, slivers of crystalized ginger. • a ball of ice cream, of your choice, covering of meringue. Bake at 450° until lightly browned. Call it a Baked Alaska Island.

Photographs by Irwin Horowitz.



A quick dip proves you should be using Crisco Oil.

1. PICK... your favorite vegetable.

2. DIP... into Crisco Oil.

3. TASTE... your vegetable, not the oil. That's why Crisco Oil salads taste great!

Crisco Oil salads have no heavy oily taste.

And Crisco Oil has no cholesterol.



If your puppy looks listless or your cat has a cough, all the love in the world can't cure the pain—your pet needs professional help. Here's how to make sure it's the best.
By Roger Caras

The Right Vet for Your Pet

When you take your youngster to the pediatrician, you're probably aware that the doctor has *two* patients on his hands: a child who can't quite articulate what's bothering her, and you, the anxious parent who needs reassurance. It's much the same with a veterinarian. You want not only a skilled practitioner but someone who is sensitive to your pet's needs—and your own.

How do you find a veterinarian? Start the search early—don't wait for an emergency that sends you running to the nearest (but not necessarily the best) veterinary hospital. Reputation is usually a reliable guide, so seek out recommendations from pet-owning neighbors or the local humane society. Do try to be objective about what you hear, though. If Mrs. X's poodle pulled through, she thinks the doctor is a hero; and because Mr. Y's parakeet died, he may tell you that same vet is a villain.

What are the first things to watch for? Glance around the waiting room as you come in. If it is dirty or smelly, then the hospital's less visible areas are apt to be equally uninviting. As for the examining room, it is a medical facility and should be both immaculate and orderly. Is the treatment table littered with hair or other "leftovers" from the last patient? If so, this vet is highly unprofessional—and clearly not for you.

Most important, of course, is that the doctor have a way with animals, so observe carefully how your pet is treated. If a vet is rough or seems unable to relate to the animal, there is real cause for concern.

Can you look behind the scenes? If you are planning to board your pet, whether in a veterinary hospital or some other facility, you should be free to inspect the premises. Though you may be assured that Snowflake will be "just fine" while you're away, don't make a commitment until you've seen for yourself where your cat will be kept.

If you're just a *potential* client, though, don't be suspicious if a veterinarian seems reluctant to show you around the hospital. After all, such tours are not only time-consuming but maddeningly disruptive—imagine trying to perform surgery in the midst of heavy pedestrian traffic! Still, if you are willing to schedule the tour at the doctor's convenience, you may get an opportunity to make the rounds. Use your nose as well as your eyes. You can't expect the place to be odor-free, but there is a big difference between normal animal smell and an unhealthy stench.

In case of emergency. . . Let's say your setter is hit by a car; though it's 11 P.M., you rush to the phone and call your vet. If you get an answering machine telling you to call back during regular office hours, *never dial that number again*. Don't give your business to a facility that isn't available for emergencies. Though you must not abuse the privilege (no late-night calls about a dog with fleas), sometimes your pet just can't wait. If a veterinarian truly cares about animals, he knows that and will be prepared to respond.

What about the bill? Don't expect bargain rates from your vet. Nowadays, it is as costly to earn a D.V.M. (Doctor of Veterinary Medicine) as a medical degree. The office itself represents a heavy investment, as do materials, equipment and staff salaries. So accept a reasonable bill with good grace and pay it promptly. Since some vets have a no-credit policy, be prepared to pay on the spot if that is required.

You and your veterinarian. Any good veterinarian is aware that an intelligent client can tell him a great deal about the animal he is examining. You, as the owner, know more than he does about your pet's normal range of behavior, and you can sense intuitively when something is wrong. If you've had the animal for a number of years, you can also supply a detailed medical history—especially crucial if this is your first visit.

Obviously, though, a veterinarian can't spend unlimited time in conversation with a client. Yes, it is important that your mind be put at ease. But it is even more vital that your pet find relief from its distress. **End**

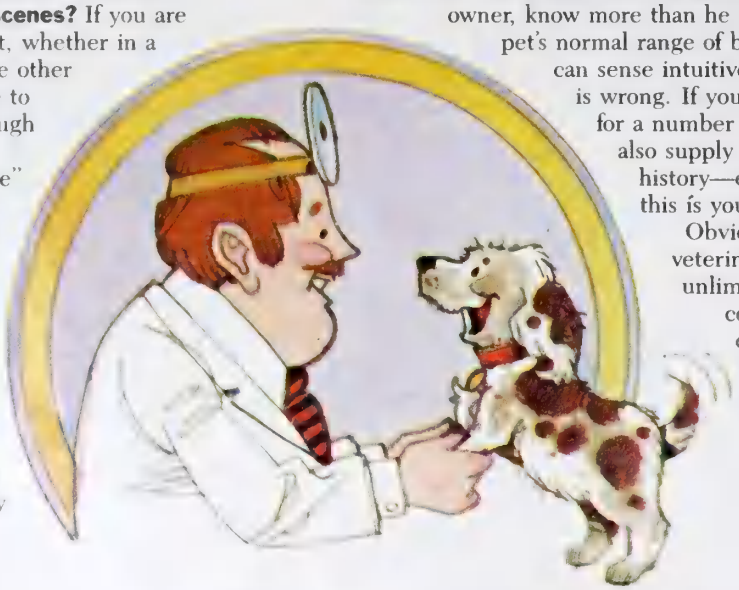


Illustration by Bob Jones

"Is it worth seven minutes to help keep your dog healthy?"

That's all it should take to read these important facts about your dog's changing nutritional needs... and how only the Cycle® Dog Foods meet them as no single brand of dog food can.



MRS. COOPER AS SEEN ON TV.

To help keep your dog healthy, it is important that you understand his *nutritional* needs; especially how they change throughout his life.

Dogs go through major changes.

Like people, your dog is always changing. From puppyhood on, he grows up... grows old ...sometimes he even slows down.

Changes that often can't be seen.

The changes your dog goes through are *inside*. As his digestion, teeth, bones, and kidneys change, so do his nutritional needs. And his dog food ought to meet those changing needs. The Cycle line does.

No single brand of dog food is tailored to meet each stage.

Most dog foods are for *any* dog... young... old... whatever. They are not tailored for each important nutritional stage of his life. Only one line of dog food is... Cycle.

Cycle is more than one dog food.

The Cycle line of dog foods make up a nutritional *program* tailored to the needs of your dog at each important stage of his life.

Cycle 1 feeds puppies the way you'd feed a baby... with extra protein and calcium.

And when puppies change into active adults, there's Cycle 2 with a different balance of protein, vitamins, and minerals. It's just what a dog between the ages of 1 and 7 needs to help stay healthy and alert.

Cycle 4 is made with easily digestible, high-quality protein for the delicate digestion of older dogs. It's got what dogs over seven need to help keep their bones, teeth, and kidneys functioning properly.

And for less active dogs who burn up less calories, there's even Cycle 3 with 20% fewer calories.

For a lifetime of good nutrition.

Your dog will love the taste of his Cycle food. More importantly, you will know he is getting the nutrition that's tailored specifically for his needs—now and for the rest of his life.



Cycle®. Nutrition...for the life of your dog.™

DOG FOOD

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GF GENERAL FOODS



Beauty Journal

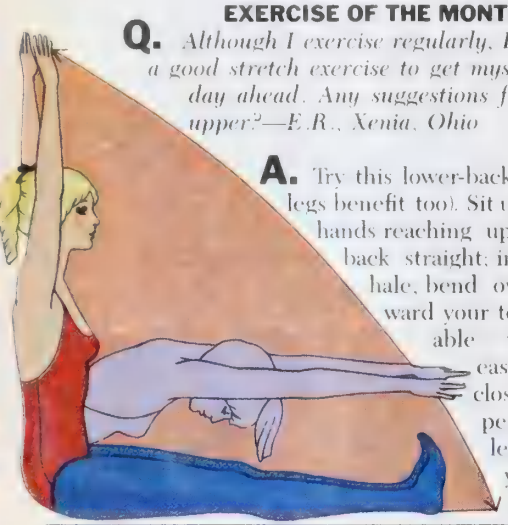
March is aroar with beauty/health news—brighter teeth, thicker lashes, better looks.

SOMETHING TO SMILE ABOUT

There's a charge of excitement in the dental world over Aesthetic Dentistry. Smiles are getting bigger, brighter, all without that "dreadful drill." Short of caps, bridges or braces, yellow or irregular teeth are now being helped by the dentist, newly working as an artist. *Bleaching:* Answer for people who have stains from smoking, excessive fluoride, mild tetracycline, trauma (nerve damage). For lightening the outer surface job of a live tooth, heat-activated treatments (repeated over several visits) produce results that last about two years. For root canal patients, the bleaching process is a bit complex, but even more effective. *Bonding:* This is a new procedure where a composite material with acrylic is actually bonded to the tooth. Until it's set by ultraviolet light (a few are self-hardening), the dentist has time to mold it to repair chipped teeth, fill in gaps, rebuild disfigured or grooved teeth. Plus, bonding can fix worn, acrylic crowns or bridges, hide metal fillings, hold on orthodontic wires or cover an inherited tendency for yellow teeth (often paired with thin enamel). It's even possible to help fill out those tiny vertical lines on the upper lip by building out teeth with bonding. Extremely durable—although coffee, tea, smoking or red wine can occasionally discolor the slightly porous material. However, an abrasive toothpaste or your dentist can polish and restore original color. *General:* Many dentists throughout the country are now adept at both techniques. Dr. Irwin Smigel, Pres. of the American Society for Dental Aesthetics, predicts that by the year 2000, "Drilling will be much less and most fillings will be handled by bonding." Price is variable, based on time spent.

EXERCISE OF THE MONTH

Q. *Although I exercise regularly, I'm still looking for a good stretch exercise to get myself in gear for the day ahead. Any suggestions for a basic starter-upper?—E.R., Xenia, Ohio*



A. Try this lower-back stretch (arms and legs benefit too). Sit upright, feet flexed, hands reaching up (as shown). Keep back straight; inhale. As you exhale, bend over and reach toward your toes. Soon you'll be able to grasp ankles easily, bringing chest closer to knees. Repeat this exercise at least 4 times to get yourself started—every morning

NEWCOMERS

A mixed bag of beauty goodies—some practicality with a pinch of fun. . . . ● For midnight owls (anyone watching the *Late Show* or dancing 'til dawn)—hide any telling circles with a creamy concealer. Covers blemishes, too. Instant Concealer by Charles of the Ritz, $5.50. ● Everyone with oil-gusher skin knows how hard it is to control surface slick. New from Max Factor, Maxi Unshine 100% Oil-Free Blotting Powder and Blushing Powder; $2.85 each. ● No time (or $) for a professional manicure? Re-create it at home with a line of six helpers to protect, strengthen and improve your nails. The Maybelline ManiCure System; $1.10-$1.75 each. ● Haven't you always heard that it's risky to perm hair if you color it? Now, a fast *and* safe home method, Ogilvie Precisely Right Body & Styling Wave for Color-Treated Hair, $4.75. ● On autumn evenings in France, jasmine blossoms are picked at the peak of sensuality. Capturing their essence, a spray cologne called Night Blooming Jasmine. More French esprit—Touché is soft-yet potent. Both by Jōvan, 1.5 fl. oz., $5 each.

DESK TO DINNER

A working woman's busy schedule often goes straight through from early morning meetings to after-work festivities. Short of changing clothes, how does one switch from business-proper to glamorous? Here, some quick tricks: ● Stash foundation, blusher, eye pencils in your desk drawer. Freshen up, adding lipstick or gloss. Skip more mascara (too much looks clumpy); just highlight around it. ● If skin is oily, store packets of astringent or a pad of blotting tissues. ● Zip to the "ladies" room and brush your teeth with a handy collapsible toothbrush. If time is extra tight, spray with breath freshener. ● Shoes are the one article of clothing easily carried to work for a fast change. Get out of your pumps—into strappy sandals. ● Add the flash of evening combs, sparkled with gold, silver or glitter. Sweeping up one side will do wonders, even for curly hair. ● Change to dressier earrings. Pearl and gold, perhaps with a glint of rhinestones. Not too dazzling or they'll look odd with your day clothes. ● Swish on a spray of purse-size cologne. Mist through your hair to create a wonderful aura around you.

BABY YOUR LASHES

Q. *A friend recently told me about a "model's trick" of thickening your eyelashes with baby powder. It sounds so messy—exactly how is it done?—A.M., Norwood, Colo.*

A. Even if you weren't blessed with doe-eyed "Bambi" lashes, you can create a luxurious look by dusting on baby powder *before* applying mascara. And it's not messy if you do this: Dip a cotton swab in the powder, lightly shake off excess. Using a hand mirror, lower eyes and apply powder to upper lashes, both over (see illustration) and under. Follow up with mascara. Finishing touch: Use an eyelash brush to separate any clumps. Result: thick, yet natural looking lashes.





Border by Julia Noonan. Drawings by Thea Kliros.

Do you look younger from a distance than you look up close?





Remember the last time you ran into someone you hadn't seen in years? She recognized you instantly, as if you hadn't aged at all. But it was from across the street that she first saw you. And as she got closer, didn't you wonder if your youthful appearance would hold up, up close?

Looking younger is easy from a distance. Unfortunately, you don't spend your life so far away. That's why so many women around the world have discovered the secret of a mysterious beauty fluid that helps them look younger, even up close. Here in the United States, that secret is known as Oil of Olay.®

Once you try Oil of Olay, you'll find that it's quite different from anything you've tried before. Oil of Olay is a remarkable blend of precious tropical oil and emollients that works mysteriously to help your skin hold on to its youthful look. In fact, Oil of Olay is like the natural fluids and oils so abundant in younger skin. Perhaps that's why your skin responds so quickly.

Oil of Olay starts penetrating the moment it touches your skin. So it works quickly to soften dryness and ease little laugh lines. And that's only the beginning of your new, younger look. Because Oil of Olay also hydrates the surface layers of your skin, it provides a young and dewy climate for your skin to live in all year round. So not only will it help you look younger now, but it will continue to help you look younger for as long as you cherish this precious beauty secret.

Will you notice the difference right away? Happily, yes. Immediately your skin feels softer. And almost as quickly, it looks more radiant. That's when you know you look your youngest, even up close.

Oil of Olay is surprisingly greaseless, too. So you'll want to use it all day. Many women use it before applying their makeup, because Oil of Olay helps the application go smoothly and the finish stay fresh looking. And some women like to use Oil of Olay all alone, because it gives their skin a soft, lustrous glow.

Once you discover the secret of Oil of Olay, you too can look as young up close as you do from a distance. And up close is where it counts.

Oil of Olay. It can help you look younger, too.

BEAUTY HINTS:

For a quick pickup at the end of a busy day, turn down the light, kick off your shoes and lie back. But first lavish Oil of Olay® beauty lotion on your face and neck. Oil of Olay helps ease dryness and bring out a look of natural radiance. Let your skin luxuriate in this moist climate. Then set the timer for fifteen minutes and think quiet thoughts. You'll feel refreshed and your skin will, too.

Dry skin can happen everywhere. So after you pamper your face and throat, be sure to pamper your body. Use extra beauty fluid on hands and knuckles, knees and ankles, and even the soles of your feet. After bathing is an especially good time to help ease the dryness in those special areas.

Benson & Hedges Lights

"B&H, I like your style."



Only 11 mg tar

BENSON & HEDGES 100's

LIGHTS

BENSON & HEDGES Menthol 100's

11 mg "Tar" 0.8 mg nicotine av. per cigarette, by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Secret Recipes of Ireland

continued from page 76

possible, wash kidneys in cold water and remove outer membrane. Split lengthwise through center and remove inner fat and tubes.

BROWN SODA BREAD
From Ann McDonagh, Co. Donegal

2⅔ cups unsifted all-purpose flour
1½ cups whole wheat flour
1 teaspoon salt
½ teaspoon baking soda
1½ cups buttermilk

Preheat oven to 425°F. Warm 9-inch round cake pan (a traditional hint!). Combine the flours, salt and baking soda in a bowl. Make a well in center of dry ingredients and pour in the buttermilk. Mix with a wooden spoon just until it makes a soft dough. (The secret for achieving best results is to add most of the milk at once, *not* drop by drop.) Turn dough onto floured surface and knead until smooth. Place in pan, with a little flour on the base to prevent sticking. Bake for 10 minutes; reduce temperature to 400°F. and continue baking for 40 to 45 minutes. Cool on wire rack. Makes 1 loaf, about 18 ½-inch slices, about 110 calories per slice.



SHANAGARRY PORTER STEAK
From Myrtle Allen Ballymaloe House, Shanagarry, Co. Cork

1 cup beef broth
½ cup stout
¼ teaspoon sage
1 small bay leaf
5 teaspoons finely chopped onions
1 sirloin steak (8 oz.)
2 teaspoons beurre manié (1 teaspoon flour and 1 teaspoon butter combined into a paste)
Salt and pepper to taste
2 teaspoons butter or margarine

In a saucepan boil broth, stout, sage, bay leaf and 2 teaspoons onion until liquid is reduced by half. In a skillet, cook steak until desired doneness, making sure the pan does not burn. Remove steak from pan. Add remaining onion to steak drippings and cook for a minute or two. Add broth mixture to skillet. Boil and scrape brown bits. Remove from heat and beat in beurre manié. Return to heat and cook until sauce begins to boil. Taste for seasonings. Finally, stir in butter or margarine and pour over steak. Serve immediately. Makes 1 serving, about 685 calories. **End**



Sex and the Teen-Ager

continued from page 60

based on a sense (sometimes inaccurate) that "everybody's doing it" and that anyone who's a virgin is out of step with the times. Though subtle, this is potent pressure indeed, especially in the early teens, when faced with the dilemma of figuring out who you are, where you fit in and whether anybody likes you.

I didn't date much in high school. I thought no boy would ever be attracted to me. I was too short, too chunky, my skin broke out. When I got to college, a lot of my friends had already done it. So when I took a skiing trip I slept with a man I met.
For a while I felt like I'd been used. But I'm not bitter anymore. It was my choice. But I had pictured it would be more emotional. I even imagined I was in love with him. I haven't gone out with anybody since I got back from that trip two years ago, but I don't think this will affect my relationships with other men. Anyway, at least I can say I've done it.—A 20-year-old college junior.

The power and extent of "reverse peer pressure" vary considerably from community to community, as does a particular individual's ability to withstand it. But there is no doubt that such pressure does exist, and that it influences sexual decisions for some teen-agers.

Peers have always been important in early adolescence, a time (*continued*)

Sex and the Teen-Ager

continued

when young people experiment with independence and seek a source of identity and belonging outside the family. But today's teen-agers have a "peer group" of millions, not just a few friends. That's because they're part of the largest youth population explosion in history, a phenomenon that coincided with vast gains in communication technology.

Predictably, the media were quick to recognize that teen-agers were an important new audience, and to use sex to attract them. It's hard to know precisely how much affect the media have, but there are some indications. In 1972, for example, Arizona high school students who participated in a research survey said that they preferred to get information about sex from their parents and the schools. The *Journal of School Health* reported that when the study was repeated in 1978, the media had jumped to first place.

Much of the material seen in movies and on television is designed for and promoted to teen-age tastes. In addition, movies give most subjects, particularly sexual ones, a special glamour, a bigger-than-life intensity. Although the industry makes some attempt to lessen its influence on minors by using a rating system, according to the teen-agers I spoke to, the system is a laughable failure. As one 14 year old said, "Most theaters don't care how old you are. And if they do, you can always get some older person on the line to take you in."

> I must have been like seven years old, and this friend's mother took us with her to a movie. All I remember was this scene where a woman was naked—you could see her whole body. It was the first dirty movie I'd seen. What movie was it? God, I don't know. It could have been so many movies, you know?—A 16-year-old girl

Dr. Betty Hamburg, a research psychiatrist at the National Institute of Mental Health with a special interest in the study of early adolescence, believes that "teen-agers are highly attuned to movies. And the message they get from them is this: People have a right to enjoy themselves in a whole variety of ways. Everybody is doing it, and you should too. You owe it to yourself."

Television, through its day-by-day presence in the living room, gives messages too, of course. Eager to lure those consuming teen-agers to the TV set, networks have done more than their share of sexploitation— both the obvious and the subliminal—and have kept at it despite pressure from groups like the PTA, the American Medical Association and various church organizations. This fall *The New York Times'* TV critic John O'Connor reported on the "resourceful" ways they mounting criticism.

"The most prominent ploy," wrote O'Connor, "is to put sex and violence into the context of a comedy where, presumably, they won't be taken too seriously." Looking at a network's lineup for one night alone, O'Connor assembled these promotional descriptions: "Is Richie leaving home for an older woman?"/"Angie gets a mink coat, but not from her husband"/"The roommates are invited to a swinging, sexy penthouse"/"A ravishing beauty will do anything to become Jonathan's lover."

No popular medium, including rock and disco music, is free of sex-sell. What it adds up to is a teen-age culture inundated with sexual innuendo and fantasy.

"I don't know why I did it, really," a 17-year-old girl told me after revealing that she'd first had intercourse at 14, with a boy she'd met a month before. "Sex just seems like such a big thing, you know? Everybody makes so much of it."

Too-early sex

Some of the physical risks faced by young teen-agers who have intercourse are well-known, especially the alarming news that teen-age pregnancy and venereal disease have reached epidemic proportions in recent years. One recent study shows that girls who first have intercourse at age 15 or younger are almost twice as likely to get pregnant within the first six months of sexual activity than are those who wait until they're 18 or 19. This is mainly because younger teen-agers so often fail to use contraception—in many cases, even when they know about birth control methods and where to get them.

Lee Minto, director of Planned Parenthood in Seattle, Washington, thinks that this is related to their level of maturity. "We see a significant difference," she says, "in kids under the age of sixteen. For some reason, when you talk to them about birth control they simply don't understand—or rather, don't believe—the cause-and-effect relationship. They think it will never happen to them."

In addition, there are other, less well-known physical risks. The earlier a girl begins having intercourse, for example, the higher her risk of developing cervical cancer as an adult. Cancer specialist Dr. Hugh R.K. Barber, director of Obstetrics-Gynecology at New York's Lenox Hill Hospital, believes that the trend toward earlier intercourse is too new to know what other physical risks may turn up. "We know a fair amount about females," he says, "but I suspect that boys aren't going to get off scot-free, physically. . . . There's no data, but I wouldn't be surprised if boys eventually get cancer of the prostate at an earlier age than now."

Physical consequences are far easier to measure and study than emotional ones. There's no way to pinpoint the kind of emotional problems today's sexually active, under-16 year olds may face when talked to was struggling with that uncertainty. She first had intercourse when she was 13; when she was 15 she stood by in an agony of terror and grief while her best friend had an abortion. One minute she admitted feeling some guilt about her sexual activity, the next, she was defensive: "What's 'growing up,' anyway? What does 'being ready for sex' mean? Why shouldn't kids have sex when they're eight years old if they want to?"

"What's growing up?" is a good question, one that's been addressed by scientists such as Dr. Jane Loevinger, psychology professor at Washington University in St. Louis, who created a scale of ego development measuring the ways in which emotional and cognitive (intellectual) capacity grows and changes during adolescence. Children mature at very different rates, and Loevinger's scale proves just how different two 14 year olds can be. But it also identifies certain benchmarks of growing-up —stages Loevinger labels Impulsive, Self-protective, Conformist, Conscientious, Autonomous.

Most sixth graders test at the Impulsive level of Loevinger's scale. That means they tend to be impulsive, dependent and exploitive, confused about conceptions. By the ninth grade the majority move into the Conformist stage, a time when they're preoccupied with appearance, social acceptability and behavior, and tend to think in stereotypes.

The next stage, Conscientious, is when long-term goals and ideals are beginning to form, along with self-respect, a concern for others, a responsible way of relating to others and the ability to think in more complex terms. This, most experts agree, is a reasonable definition of the *minimal* level of maturity required to handle the consequences of a sexual relationship. Although some children tested at that level as early as eighth grade, the majority had not reached such maturity even by twelfth grade. In other words, it's downright *likely* that teen-agers are physically ready for sex long before they are emotionally ready.

One study of college seniors revealed that the people who had progressed the most in personality development had a history of a slow, gradual unfolding of sexual interests and behavior. Their sexual development proceeded at a pace that allowed ample time for social, emotional and intellectual development; they didn't skip important steps.

Dr. Bertram Slaff, director of the Adolescent Psychiatry Clinical Service at New York's Mt. Sinai Hospital, insists an understanding of these processes is vital. "We simply must respect the development process of the individual," he says. "If you plant a fruit tree and are in a hurry to see results, you can double the fertilizer and water it three times more than normal. But instead of achieving faster growth, you may kill

(continued)

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Sex and the Teen-Ager

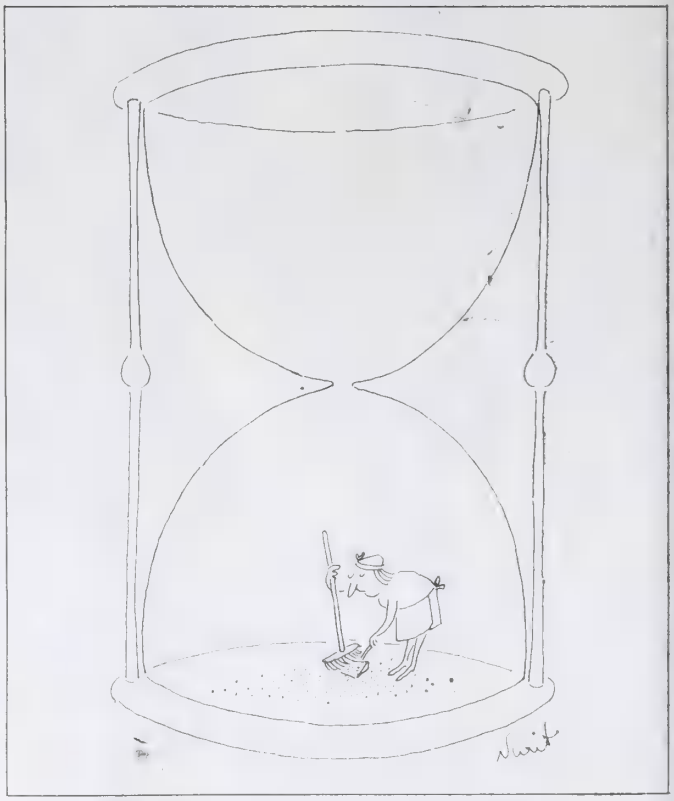
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the tree. A fourteen year old who's having intercourse may feel she's an adult, but she isn't. She's just a fourteen year old who's having intercourse."

> I first had intercourse with my girl friend when we were fifteen. I'd been going with her for almost a year, and I loved her very much. She was everything I wasn't—friendly, outgoing, charismatic. We'd done everything but, and then one night she asked if we could go all the way. A few days later, we broke up. It was the most painful time in my life. I figured sex was the problem. I opened myself up to her more than I ever had to anybody, even my parents. The next year I went to high school. I was depressed and moody and nervous. My friends dropped me because I was so bummed out. In junior high, see, I'd been the star football player. But when she and I got serious, I stopped playing football. I had better things to do. By high school, I felt like a failure. I wasn't in sports anymore, I didn't look like Donny Osmond, my grades weren't terrific. When I was seventeen I had intercourse again. A bunch of guys I knew went to a girl who was sort of a slut. That was awful, too, fast and frustrating. I felt like I'd malfunctioned. I'd read those things in *Penthouse* about how some guys go all night, for hours. I wondered if other girls—girls I really liked—would hear about it and say I was a lousy lover. I didn't go out again until I got to college. I've had mostly one-night stands in the last couple of years. I'm afraid of falling in love.—A college senior

I heard happier tales from other teen-agers, but this boy's story illustrates some of the pain and lingering harm of too-early sex. Like most 15 year olds, he did not yet have a firm sense of identity, and sought it in a girl he idealized as having all the virtues he wanted. Once their relationship progressed to intercourse, a despair about his sexual adequacy eroded his fragile sense of self-worth and haunted him for years.

Sex researchers know (as do most of us) that the first experience with intercourse usually is disappointing for both male and female. But when it happens to a vulnerable, uncertain, young teen-ager, he or she may actually get turned off to the whole idea of sex and relationships in general. Or, they may embark on a series of new sexual relationships in the hope of repairing the wounds to self-esteem—and, in the words of one teen-ager, "burn out" while still young, feeling they have



oo little to look forward to and too much
o regret.

Knowledge without understanding

Today's teen-agers, because of Kinsey nd his successors, have access to more nformation about sexuality than was ever vailable to human beings of any age. his sex information explosion poses a roblem, however, in that teen-agers pick p bits and pieces long before their intel-ectual processes are sophisticated nough to understand it all. Over and ver again I heard teen-agers using words ke "frigid," "impotent," "premature jaculation" and "multi-orgasmic" — ords that clearly carried for the speakers terrible fear of being labeled and dged inadequate.

Lorna and Philip Sarrel, the husband-nd-wife directors of Yale's Sex Counsel-ng Service, say in their book, *Sexual nfolding*, that: "In moving away from ne old tyranny of thou-shalt-nots, we are pidly succumbing to a new tyranny of hou-shalts that can cause just as much uman misery and harm as sexual repres-on." They list what some of them are for rls: Thou shalt have and enjoy inter-ourse, have orgasms, have multiple rgasms, want sex most or all of the time. or boys, I would add, there are: Thou halt please her, always be ready and have variety of wonderful techniques in your epertoire.

It is bad enough for college-age stu-ents to be laboring under this kind of xual tyranny; they at least have some nse of identity. But these days a 14 year d may swim in the same sea (because e or he is physically able and under me pressure to do so) with virtually no derstanding of the water's special wers, pleasures and dangers. In the t-so-olden days, children under 16 ere expected to be virtuous. Today, they rry about their virtuosity.

"We are continually seeing instances," y the Sarrels, "in which an adolescent rl or young woman has had sexual expe-nces which, in terms of her readiness d emotional development, were way yond her depths." Young teen-agers ve not gotten this message about sexual adiness," as the experts point out.

- Dr. Daniel Offer, chairman, Depart-nt of Psychiatry, Michael Reese Hospi-, Chicago, author of *The Psychological orld of the Teenager*: "Having inter-urse very early makes a child channel o sex some of the energies he needs for hool, parents, sports, relationships. ch children will often do poorly in one more of these areas, closing off avenues ey'll have to reopen much later in life, hich can be disastrous."
- Dr. Mary Calderone, president of e Sex Information & Education Council the U.S. (SIECUS): "Who knows what ronology has to do with it? The fact is, ls *are* sexual. Still, I wish they uldn't have intercourse before they're sixteen. It's so final, such a big thing, such a commitment. I wish they'd postpone it until they can make an elective choice in the light of facts they need and don't have."
- Dr. Bertram Slaff: "Some people never develop all the ideal qualities that make for a truly intimate, rewarding sexual relationship—maturity, the capacity for empathy, the ability to be elaborately stimulated by *all* the qualities of the person you love, and the capacity to act responsibly toward that person. But it's certainly unlikely that a child will have made much progress toward these goals before an adult body image is formed, which usually doesn't happen much before seventeen or eighteen."
- Dr. Betty Hamburg: "We've speeded up the clock without being very helpful to adolescents. We teach them about Fallopian tubes but very little about the meaning of relationships and responsibility toward others. We should do all we can to try to help the youngest ones, when they're ten to fifteen, postpone sexual initiation until it can be a growth experience for them."

The parents' role

Adults must recognize that the youngest teen-agers are the uncomfortable inheritors—perhaps the victims—of the sexual revolution. We need to understand and be sympathetic to the new pressures they face as the first "sexually obligated" generation in American history. Beyond this, what can parents do? *(continued)*



Sex and the Teen-Ager

continued

Here are suggestions from the experts, including teen-agers themselves:

- Don't pry into your child's sex life. Adolescents need and have a right to privacy. Remember that the majority of children under 16 are still virgins. Interrogation by parents may be interpreted as yet another kind of pressure. ("I thought all kids were doing it, why aren't you?")
- Don't become a vigilante. Unreasonable curfews and restrictions often backfire. One 14 year old, for example, began having intercourse when her parents ruled that she couldn't see her boy friend after school. The young couple had sex at lunch time. "My parents thought I was doing it anyway, so I figured why not?"
- Let your child know that you respect any person who can make decisions independently of peer pressure. And don't be afraid to state your own ethical and religious values. Your child will respect you for your integrity.
- Express your opinions of TV shows and movies. Problems in real life, for example, are rarely solved as neatly as 30-minute TV dramas manage to imply, and sex as a tool for selling merchandise doesn't represent the real meaning of sex in most people's lives. Praise shows and movies that seem to you to portray sexual relationships in a thoughtful way.
- If your child asks questions about se birth control, etc., don't be alarmed. C riosity doesn't necessarily imply action intended action; all teen-agers are cu ous about sex. Try to answer the que tions honestly if you can; if not, se good sources (organizations like Planne Parenthood, SIECUS, local school church programs may be able to help).
- If you feel your own upbringing didn prepare you to deal comfortably wi teen-age sexuality, consider organizing parents' discussion group to share co mon dilemmas and possible solutions.
- If you know, or have good reason suspect, that your teen-ager is involved a sexual relationship or under a lot sexual pressure *and is troubled about* offer help as tactfully as possible. Sa "Are you having any problems you'd lik to talk about with me?" If the answer no, drop the subject until some oth time. If the answer seems to be I don want to talk to *you*, take this in strid Many teen-agers are reluctant to ta about sex with their parents. Sugges then, that maybe it would be helpful talk to some other adult—a family frien a teacher, minister, professional therapis almost anybody your child respects. Ju mention the possibility and don't insis Let the child take time to consider it.
- If your child wants to discuss sexu concerns, try to listen without panic alarm, but most of all, *with* love a sympathy. It's fine to disagree with yo teen-ager about sexual standards, but can be devastating to suggest that yo might withdraw affection or respec There's a crucial difference betwee "That's terrible, how could you do such thing to me?" and "I don't approve, but love you and would like to help."

Help—that's the key word. We want help—not harm—our children while the navigate that difficult and troubling pat to adulthood. **En**



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Journal Shopping Center

FASHION: AMERICAN CLASSICS ELEGANCE UPDATED

PAGE 104: EVAN PICONE classic linen-like poly/rayon blazer, polyester crepe de chine blouse and skirt; all available at Bloomingdale's, New York; Frederick & Nelson, Washington & Oregon; The Broadway, California. For more information contact: Melissa Spitalnick, 1435 Broadway, New York, N.Y. 10018.

PAGE 105: Left: RICHARD ASSATLY two-piece dress in rayon/acetate crepe; at Saks Fifth Ave., all stores. Right: FRANK MASANDREA two-tone rayon/acetate dress; at Lord & Taylor, N.Y.; Martha's, N.Y., Bal Harbour & Palm Beach; Garfinckel's, Washington, D.C.; Burdine's, Miami; Charles A. Stevens, Chicago; Goldwater's, Scottsdale & Park Central, Arizona.

PAGE 106: Left: KASPER for JOAN LESLIE rayon/acetate dress with full gored skirt and peter pan collar; at Lord & Taylor, N.Y.; Higbee Co., Cleveland; Marshall Field & Co., Chicago; Rich's, Atlanta; Sakowitz, Houston & Amarillo, Texas; Bullocks Wilshire, Wilshire Blvd. & Newport. Right: ALBERT NIPON belted rayon georgette dress, is front tucked, has lace collar and cuffs, comes with own belt and rayon/acetate crepe slip; at Bloomingdale's, N.Y.; Bonwit Teller, all stores; Jordan Marsh, Miami; Gidding-Jenny, Cincinnati; Helen's Of Course, Beaverton, Oregon; The Carriage Shop, Dallas; Bullocks, L.A.

PAGE 107: DONNA KARAN and LOUIS DELL'OLIO for ANNE KLEIN silk jacquard stripe full-sleeved shirt blouse, and wide legged trousers. Both at Saks Fifth Ave., N.Y.; McCurdy & Co., Rochester, N.Y.; Lewin's, Wichita, Kan.; Leisure Manor, Tulsa, Okla.; Frost Bros., San Antonio.

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Orange Pineapple Salad Dressing

Mushroom Cheese Soup (see recipe below)

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lushroom Cheese Soup

tablespoons butter
tablespoons all-purpose flour
'4 teaspoon dry mustard
1/2 cups, canned chopped
ushrooms and liquid
1/2 cup Sealtest milk
2 cups Sealtest cottage cheese

Melt butter in heavy saucepan. Combine flour with mustard and stir in, mixing until smooth. Stir in mushrooms and milk. Cook over moderate heat, stirring constantly, until mixture begins to thicken. Remove from heat. Mix in cottage cheese. Cook, stirring constantly, over low heat, until all curds disappear and mixture becomes thin. Yields 4 to 5 servings.

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LIVING WITH YOUR STARS

FOR MARCH

PISCES (February 19—March 20) Home life is happier now; disagreements are coming to an end. Time now to get in touch with friends and interests you've neglected. Good news from afar concerning financial matters.

ARIES (March 21—April 19) A rewarding period for all relationships. Think over domestic changes carefully. A special talent of yours could lead to new friendships and added income. The Sun in your sign brings extra energy.

TAURUS (April 20—May 20) The influence of Venus brings a more affectionate atmosphere. Friends keep you on your toes, with exciting activities and a sparkling social scene. Fortunate meetings and events could lead to great things.

GEMINI (May 21—June 20) A promising month for buying or selling a home. Late March brings more leisure time and some interesting new beginnings. Don't allow minor problems to get you down; vital stars are on your side. Great opportunities are on the way.

CANCER (June 21—July 22) A changeable atmosphere this month, with lots of comings and goings. Time to widen your social horizons and make new friends. Travel is in your stars, so if you can't get away for an extended vacation, make plans for some weekend outings. New doors are about to open for you.

LEO (July 23—August 22) Mars moves into Leo now, bringing an ardent phase in your love life. March is a month in which your personality exudes success. The right timing and the right contacts make this the time to push towards your goals.

VIRGO (August 23—September 22) You'll be attracted to a person with an unusual background. You've got the energy to work and play hard, but watch out for periods of restlessness. A special ambition can work out, but take care of minor details and misunderstandings.

LIBRA (September 23—October 22) If you let the others take the lead, family harmony will reign. A new romance may be short-lived. Pace out work sensibly; be careful of taking on too much. Watch for a surprise cash windfall.

SCORPIO (October 23—November 21) Loved ones are demanding and seem ungrateful. If you can find the time, there will be plenty of fun and flirtation. Organize carefully because extra work may be pushed on you. Curtail spending this month to allow for unexpected expenses.

SAGITTARIUS (November 22—December 21) A special month for all things domestic. If single, a promising meeting in late March. You'll be entertaining at home more than usual. It's a good time to make new friends. Good fortune is on the way and this month's financial picture is greatly improved.

CAPRICORN (December 22—January 19) If single, travel brings romance. Family business needs your attention. The month is filled with unusual outings and happy trips. Business contacts and useful shortcuts should be taken advantage of to achieve special aims.

AQUARIUS (January 20—February 18) This could be an edgy month. Avoid making hasty decisions concerning personal and home life. Choose companions that are easy to get along with this month. You'll need to unwind.—PETER VIDAL


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ENERGY SAVERS

continued from page 48

$43.94 per year; and insulation should be installed under the kitchen floor, at $116, to save $14 per year. The total, $388, would be paid back in fuel savings in just over five years.

The company also suggested that the Grays change the radiator valves to thermostatic valves, so that each room could be individually controlled; that they put a door over the attic fan and that they install fiberglass insulation over the foundation sill. Because cold air was coming in through the middle of a folding door between the kitchen and an unheated pantry, the auditor advised putting in a solid wood door instead.

Weatherstripping the large sash windows—another suggestion—would be the biggest job. "There are twenty-four windows and each would take two or three hours to do, and I work a six-day week," says Peter. "But I'll try to do one a month. Now that we're aware of all these things we'll get them done, bit by bit."

The Bergers

Tina and Jim Berger and their two daughters of Fair Oaks, California

"For us, the heat is worse than the cold," says Tina Berger of Fair Oaks, Calif., in the flat, dry, sun-drenched Sacramento Valley. "Sometimes it's 110° for days—and the nights are not much cooler. We've had brownouts in this area from overload."

Tina, her husband Jim, a high school photography teacher, and their two daughters, Kristi, 10, and Alisse, 6, live in a two-bedroom, 30-year-old ranch house set on two acres of pastureland. They earn extra cash by boarding horses, and Jim makes and sells wooden rocking horses as an income-producing hobby. "You can't live here on a teacher's salary alone," says Tina, who works two or three nights a week as a nurse.

"We've always thought about energy and how to conserve," she adds. "In the winter, we use scraps from Jim's workshop and have a fire going every night. We try to turn down the heat when there's nobody home, but because I work nights and Jim works days, there's usually somebody around."



Until recently, however, they didn't worry about their fuel bill because the temperature rarely goes below 36° in the winter. The highest bill they've ever had on their gas furnace was $60 one very cold month. But this winter gas prices began rising and were expected to eventually increase by 50 percent. And although electricity from a nearby nuclear plant is cheap—$8 to $10 per month—they worried about shutdowns during the hot months.

Their utility, the Sacramento Municipal Utility District (SMUD), provides free home energy audits and the Bergers agreed to find out how much they could save and how they could be more comfortable all year long.

The Bergers thought that their house was well-insulated, even though the living room was drafty in the winter and the west wall was hot to the touch in the summer. To their dismay, the auditor, Barbara Coulam, told them that their attic insulation was useless.

The insulation was on the attic ceiling instead of the floor, which meant that they were heating an empty *(continued)*



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ENERGY SAVERS

continued

attic. She suggested that they pull down the three-inch-thick batts, put them on the attic floor instead, then add six inches of blown cellulose, a moderate-priced insulator made of ground-up newspapers. SMUD would do the job for $198, which would save the Bergers $15.40 per year now and, as the price of gas rises, the savings would, too.

"Barbara also suggested that we paint the house, or at least the west wall, because the dark shingles absorb the heat and make the air-conditioners work harder," says Tina. Jim decided he would paint the entire house.

The greenhouse, which Jim added off the family room eight years ago when they bought the house, turned out to be a hidden asset. It faces west and gets the afternoon sun but the Bergers had been keeping the French doors to the greenhouse closed. Barbara told them that they had an informal solar heater and should therefore keep the doors open on winter days when the temperature in the greenhouse reaches 130°.

Barbara also gave them a list of minor changes they could make: reflective window sheeting on the west window to cut heat without obscuring light; insulation for electric sockets for about 20 cents each; caulking and weatherstripping; and wrapping the water pipes.

Tina had thought about a storm window for the five-by-six-foot living room window, but Barbara said storm windows don't really pay for themselves in the moderate California climate—glass or thermopane would cost $300 or more. Instead, she suggested clear plastic, which Jim will install himself for $30.

Changing habits

But most important were the ideas Barbara gave them for saving fuel by changing their habits.

"I'm lazy about cleaning lint out of the dryer and mine gets an inch thick because I do a load every day," Tina says. "She told me that can double the drying time. My freezer is in dire need of defrosting and she said that uses more electricity. I'm going to get in the habit of pulling down the living room shades at night, to save heat.

"We ought to get a glass screen in front of the fireplace, but that's awfully expensive," she continues. "If the fire is still going when we go to bed, we don't close the damper and heat goes out the chimney. I'll build a smaller fire from now on so it will go out before bedtime and then we'll close the damper.

"I'm happy about the audit," Tina concludes. "I found I can save on energy without changing my lifestyle." **End**

DO-IT-YOURSELF: A 10-STEP ENERGY AUDIT

1. Take a temperature reading in your living room, attic, then outdoors. The attic should only be two or three degrees warmer than outdoors. So if it's 68° F. in the living room, 50 in the attic and 30 outdoors, you're using precious heat to warm the attic, which means you need attic insulation. Test the basement the same way.
2. On a windy day, move a lighted candle around the frame of each window. If flame flickers, the window needs caulking.
3. About 20 percent of cold drafts come in though electric light switches and outlets on walls facing outside. To check for airtightness: Slowly move a lighted candle in front of these outlets and switches. If it flickers there's a draft. You can insulate with foam pads that come in inexpensive kits.
4. Place a thin plastic bag, the type drycleaners use, in cold fireplace. If bag drifts upward, your damper isn't tight and should be replaced.
5. Is your hot water faucet dripping? If so, you're losing 700 gallons of hot water per year.
6. Check sash windows for airtightness: Open each, insert a new dollar bill where the sashes meet, then shut. If you can pull out the bill without opening the window, the sashes are not tight. Do the same with your refrigerator door. Does the bill pull out? You need a new gasket.
7. Lightly place your hand on the hot water heater. If it feels warm, you need an insulation blanket.
8. Try to slip a quarter under each outside door. If it goes through easily, the door needs weatherstripping.
9. If the flame on your gas stove is yellow, it's not burning properly. Remove the burner and clean the outlets with a wire pipecleaner. Now the flame should be blue. If not, call a repairman.
10. Place a thermometer in a glass of cold water then into refrigerator. After ten minutes, check reading. A refrigerator need not be cooler than 38° in food section, 5° in freezer. A separate freezer should be 0°.

You'll find hundreds more ideas on how to get the most from your energy dollars in a free, 48-page booklet from the U.S. Dept. of Energy called "Tips for Energy Savers." Write ENERGY, P.O. Box 62, Oak Ridge, Tenn. 37830.

CAROLINE

continued from page 56

thusiasm were becoming very pronounced. For a time, photography captured her attention. With a $1,000 camera given her by her mother, she took pictures under the tutelage of Peter Beard, the well-known wildlife photographer and friend of her aunt, Lee Radziwill.

Caroline also developed a consuming interest in art history. After graduating from the Concord Academy in 1975, she left for London to attend an art course at Sotheby's, the prestigious auction house.

It was during her ten months in London that the teen-ager first experienced an independent life away from home, and she made the most of it.

In the evenings, she took full advantage of the "swinging" London scene, partying with English bluebloods. Her favorite escort was Mark Shand, son of millionaire Lord Ashcoombe.

The London experience had its cultural and social adventures—but it also nearly cost Caroline her life. While there, Caroline lived in the home of Sir Hugh Fraser, a British member of Parliament and boyhood friend of her late father. After a series of five kidnap threats were made to police, pinpointing Caroline as the target, a bomb planted in Fraser's car outside his home exploded on October 23, 1975. The explosion ripped apart Fraser's car, killed a neighbor, an eminent physician who was walking his dog, and blasted out windows in the Fraser home. Believed to have been planted by Irish loyalists, the bomb was timed to go off exactly at the time Fraser and Caroline departed. Their lives were saved by a fluke phone call that had delayed Fraser by a few minutes. Caroline finished her art course, despite the trauma of the experience.

The following year, Caroline entered Radcliffe. The school, now merged with Harvard, is the alma mater of a string of Kennedys, and like her father, uncles and two older cousins, she took up residence at Winthrop House, a men's dormitory gone co-ed. In a desire to blend in, Caroline developed a penchant for junk food, the "college look" in dress of jeans and T-shirt, and evenings spent chatting at the same dusty bars other Harvard students frequented. She also got into the habit of omitting her last name when introducing herself: "Hi, I'm Caroline," she would simply say.

Despite her mother's great wealth (Mrs. Onassis received $20 million, plus $6 million to cover taxes, on the death of Onassis, and is reported to have invested wisely), Caroline is kept on a careful, if comfortable, budget. The only outward sign of her wealth is her expensive BMW sports car. But it is something she rarely uses, except to drive to New York; she prefers to walk or take her bicycle to class.

"She doesn't use the car too much around Cambridge," says a friend, "and she doesn't let anyone else drive it, but she's always willing to give *(continued)*

CAROLINE

continued

you a lift if you haven't got a car."

It was the BMW that landed Caroline in trouble on Long Island in 1978 when a Suffolk County Highway Patrolman clocked her speeding. Although the patrolman remembers her as "very calm and polite," her negligence in answering the charge resulted in a warrant for her arrest, which was eventually withdrawn when three attorneys appeared in court on her behalf. "For a $25 fine, she brings in $3,000 worth of attorneys," commented an incredulous First District Court Judge, Paul Creditor.

The speeding ticket, however, is not the only indicator of Caroline's occasional bent for daredeviltry. Just before final exams one semester at Radcliffe, Caroline and a group of her friends climbed the steep, off-limits Bell Tower atop Harvard's Memorial Hall. She and her friends were giggling and letting off exam tension when they were spotted by the campus patrol. "The cops were really mad," reports one of the students present. "They kept yelling how dangerous it was, and were shouting for us to come down. Caroline's presence got us off the hook. If she hadn't been with us I'm not sure what would have happened."

While Caroline has always been studious, taking great pleasure in her work, she also enjoyed weekend outings to a very low-key Cambridge bar. "Until she met Carney," observes a fellow student, "she was a regular visitor. Now she rarely comes. She drank mostly beer and always took her turn in buying a round of drinks."

"Caroline can be a lot of fun if you take the time to draw her out. She has a good sense of humor and has wonderfully entertaining stories to tell."

Often, however, Caroline can be quiet and detached, doing more of the listening than the talking. Friends say that until she met Tom, she seemed afraid of getting involved in a serious relationship. "She never had a steady boy friend at Harvard," says a friend. "She didn't flirt around, and many of the guys looked upon her in a very sisterly fashion.

"As far as her love life is concerned she's always been a bit of a mystery. Sitting around the pub on a Friday night her girl friends will frequently remark on the attractive men they see in the bar. But Caroline never discussed that sort of thing. Other students will gossip about their relationships, even give intimate details, that's common. But Caroline only sat and listened."

Reveres father's memory

Caroline Kennedy has a great fondness for the memory of John Fitzgerald Kennedy, her father. While it becomes evident that the daughter of the late president does not live on his name, she has read virtually everything ever written about him, skipping over the details of his intimate, more lurid life. She has a large selection of photographs of him and a great many books.

It is perhaps Caroline's care for her father's memory that has led her to play an important role in establishing the John F. Kennedy Memorial Library and Museum. Her involvement began years ago, recalls Dave Powers, the museum's curator and lifelong friend of JFK's. Powers remembers feeling a bit apprehensive the first time Jackie brought her daughter to the museum, which was temporarily housed in a federal archives center in Waltham, Massachusetts.

"Caroline was only six years old when the President was assassinated, and I was afraid at first that the impact of all the memorabilia, the paintings of her father and other material would be upsetting.

"But she was far less upset than she was inspired, and she immediately became devoted to the project. Her first idea was to donate the 51 dolls she had received as gifts from the different heads of state," says Powers. "And since that time, Caroline, who is a very bright and creative girl, has become a major force behind the Institute, working up new ideas for exhibits, and attending virtually every meeting of its board of trustees."

Now in her senior year at Radcliffe, Caroline is completing her course of study in American history, her father's major, and art, her mother's love.



"She's been keeping a pretty low profile at school since she met Carney," says Michael DeLure (his pen name), a writer and former Harvard student. "She introduced Tom around once or twice in Boston last year when he came up to stay with her on weekends. Nobody has seen much of her recently. She's been spending most weekends back in New York, where she sees a lot of Tom.

"Caroline is a pretty straight sort of gal," observes DeLure. "In a way, she's a bit prudish, sort of straitlaced. She's not the type who would just jump into the sack with any guy.

"I wouldn't be surprised if she married Carney. She's never been attracted to slick, playboy types. Carney fits right in with the image she likes. He's sort of preppy with a good upbringing. He certainly wouldn't stand out in a crowd. He's a quiet type and, for her, he's magic because he shares the same interests.

"She's very taken up with journalism and photography. She'll talk about these two subjects more than any other. Carney is a writer, which appeals to her. But his success or lack of it wouldn't matter to Caroline if she liked him."

Does Carney consider himself a success professionally?

"Well, I wouldn't call myself successful yet, but I'm doing all right," admits Tom. "I make enough to live on—and I'm proud of that."

Carney's middle bracket income is reflected in his lifestyle. He lives unpretentiously in the three-room Manhattan apartment he bought three years ago at a bargain price. Furnished haphazardly in "American attic" with books and papers everywhere, Carney spends most of his time there "living like a typical bachelor." Photographs of Tom and Caroline together, and small keepsakes from times they've shared, are displayed among Tom's possessions.

While Carney says he is ready to marry, he also considers marriage a move that should not be rushed. As a Catholic, he doesn't believe in divorce. "I believe you only do it once," he says.

"Religion was a very strong force in my life when I was growing up . . . I was an altar boy," Carney recalls. "I don't attend mass regularly anymore. I stopped doing that when I went to Yale . . . .

"But I would want to get married in the eyes of the Church and raise my children as Catholics," he says, thoughtfully.

How many children does Tom want to have?

"I'd like a few. Definitely more than one," he says.

As a husband and father, Carney feels that he would like to help out around the house when the time comes.

"My mother raised me to be a liberated male—especially when we were living on top of the mountain—we all had to pitch in."

These days, however, Carney's domesticity is limited. Living alone, he eats out most days and "won't get close enough to the kitchen even to open a can."

The same is true when Caroline visits him. "Neither of us can cook," he admits. Instead, the couple frequently spend evenings at the movies or at small out-of-the-way restaurants. They also like to horseback ride, something they mostly do in Wyoming, where Caroline has been received warmly by Carney's family. They have described her as "delightful, refreshing and remarkably unspoiled."

While neither Tom nor Caroline are willing to admit to wedding plans, a close friend of the couple says: "They're very much in love and one day they will get married. Being in the spotlight may put a strain on their relationship at times but they will work it through. Their relationship is strong, they're very compatible. I consider them very lucky."

For Caroline, who has lost so many important men in her life, Tom Carney, older, sensitive, strong, is perhaps the kind of husband she needs. **End**

POPE JOHN PAUL II

continued from page 93

I am happy that women have the same opportunities as men even in the field of government, and I admire those women who, through their abilities, have reached a position that in the past would have been exclusively that of men. For example, the British have Margaret Thatcher. A very fine woman, a capable prime minister, who has worked for, and fairly deserves, the position she has democratically achieved.

Would you like to see a woman head up one of the super-powers, such as the U.S. or the U.S.S.R.?

You journalists like to make puzzles! If women are heading corporations, if women are prominent economists and politicians, if women are at the top of the tree in many cases around the world, why should a woman not have the opportunity to head what you call a super-power? It should be the intelligence and wisdom of a leader that counts, not the sex!

Would a woman head of state be less inclined to wage war than a man?

How can the the poor Pope look into the future and prophesy if women will make more wars than men? I am a man of the Church and not a crystal-ball reader! Looking back in history, however, women do not seem to have done so badly when it comes to declaring and fighting wars, and very often winning them . . .

The executive leadership—the power base—of the Catholic Church has been identified with the priesthood. If this is so, how do you propose that women play a significant role in leadership, that is, in the hierarchy of the Church?

Too difficult. Too many words.

To put it more simply, why can a woman become a martyr and a saint of the Catholic Church and not a bishop or a cardinal?

The Catholic tradition does not sanction the ordination of women as priests and therefore women cannot be created bishops or cardinals. This decision is based on ecclesiastical law and has been confirmed time and time again. This same law is flexible enough, however, to have recently allowed the foundation of a special Vatican commission to study other ways women can be included *(continued)*



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POPE JOHN PAUL II

continued

in the hierarchy of the church. This is a step forward, but it does not mean that women will be ordained. Saint Paul said: "In church women will be silent." The special commission is looking for a way to satisfy, at least in part, women's demands. But do not push. Do not push!

Does this mean, then, that women cannot be priests because Jesus Christ was a man and therefore his representative on earth must be a man? Does it also mean that women represent "the spousal relationship of the church to Christ"?

Ah! You admit. Everyone must have their roles! It reminds me of a joke when I was a young man in Poland and even in those days it was asked why a woman could not become a priest. If I recall rightly the reply was: "Now tell me the truth, would you like to see a woman play Othello and a man act Lady Macbeth?"

Your Holiness, do you foresee a time when women will become Catholic priests, even in the far-off future?

No.

Are the reasons for this denial of women's ecclesiastical rights based on dogma?

There are no dogmatic reasons. It is tradition. The sacred congregation of the faith has always indicated that it does not see a way for women to be ordained. This denial, sad as it might be to many wonderful women of religion, is based on the Church's official interpretation of the revelation of Christ. I repeat, therefore, it is *not* foreseen that women will become Roman Catholic priests.

As you know, in America, some Christian faiths have female ministers and Jews have women as rabbis. For this reason, many Catholic women feel rejected by their own church, in spite of the tradition, in spite of the official interpretation of Christ's intentions. Your Holiness, can you reassure these Catholic women that they have esteem in the Church?

I have stressed the importance of the apostolate [the special responsibilities] of lay people.

In the Catholic Church women probably have more responsibility than in almost any other segment of society. They operate colleges, institutions, orphanages. They run large religious communities. Women are active in teaching, as extraordinary [lay] ministers of the eucharist, they have prime positions in all lay organizations of the Catholic Church. I can only praise and reconfirm the wonderful, yes, truly wonderful, work women have done, are doing, will continue to do, while still remaining faithful to the tradition of the Church. As Saint Peter said—and he knew what he was talking about, I think—"All Christians are a royal priesthood, a holy nation." All Christians, incorporated into Christ and his Church by baptism, are consecrated to God. Every lay Christian is, therefore, an extraordinary work of God's grace and is called to the heights of holiness. It is surprising that some lay women do not seem to fully appreciate the dignity and the vocation that is theirs as lay people. There is no such thing as an ordinary lay woman. They are all a chosen race, a royal priesthood. The salt of the earth. The light of the world.

If women are equal to men in the eyes of God and in government, but cannot be ordained as priests, do you feel they are entitled to equal opportunities, equal pay in the business world?

There is no question of denying equal pay for men and women. The entire idea of justice calls for equal pay and equal opportunities in equal working positions.

For women in business, what advice would you have for those who consider themselves discriminated against?

Fight for their rights! Perhaps the Pope might even help them!

Do you have any advice for professional women on their conduct and behavior at work?

As for the comportment of women in business: Let them follow the same advice I have given to men, with whom they wish to be equal. That is, they should conduct themselves with dignity, responsibility, integrity, honesty and avoid temptation. Perhaps—and this is just a half a joke—women in great positions might try a little harder to be understanding of the men who work under their command. Let us not forget that a man finds offense, especially from a woman, very hard to swallow.

Your Holiness, do you feel the phenomenon of working women—50 percent of American women work outside the home—affects family integrity?

Family integrity cannot be hurt if the woman works, but also thinks of her obligations at home. Let us not believe, however, that working in a secular job, succeeding brilliantly in a secular career, is more important than the vocation of giving life, caring for this beautiful life as a mother. Just as the dignity of man and woman is the measure of civilization, so the future of humanity depends very much on mothers—and fathers, of course—and on the family life they build in their homes.

Are you concerned about the growing disintegration of the family, the increasing number of couples separating and divorcing, and the growing acceptance of non-conjugal relationships, so prevalent in the U.S. today? *(continued)*



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Journal

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POPE JOHN PAUL II

continued

The tragedy and sadness of divorce and marital problems (this also means couples living together without the sacrament of marriage) is a growing phenomenon and a truly frightening one. What can I say other than to suggest you look around you and judge objectively for yourself how much healthier, how much more beautiful, how much more serene it is when individuals make permanent commitments to each other and work on their union to make it flourish? Marriage means generously accepting children within that union, and to be ready, at times, to sacrifice one's own convenience, comfort and pleasure. I can only stress that the wonderful sacrament of marriage be held in the highest esteem. Prepare earnestly for it. Believe in the spiritual power of this sacrament. It strengthens a marriage and with it a couple can overcome all the problems of married life. With true love and the grace of God a marriage will never become a self-centered relationship of two individuals living side by side for their own interests.

In the United States and in many other nations Catholics are pleading for the right to practice birth control. Your Holiness has condemned the practice, as have Popes before you. Do you expect this position to change?

In my book *Love and Responsibility* I pointed out that artificial contraception is, not only according to the Church, but also through interpretation of natural law, a violation of the natural order of life. How, therefore, can a teacher of the Church and a philosopher of life approve of artificial contraception?

Artificial contraception is not sanctioned by the Roman Catholic Church, yet the Church allows the rhythm method of birth control.

Some devout Catholics ask why one method of birth control should be permitted and not others?

In marriage it is not always necessary to express love in a sexual manner. Individuals also express love by their faithfulness to each other. Sometimes they express love by abstaining from sexual activity. For example, this can occur when they are separated for a while, when one party is sick or under stress. Obviously, it is not absolutely essential that love be expressed only through sexual intercourse.

What about reasons such as financial limitations, or reasons of health, such as hereditary diseases, etc.? Sometimes these factors make it necessary to limit the number of children in families. To do this, partners are abstaining from sex [using the rhythm method of birth control]. There should not be an irresponsible amount of sexual activity only for pleasure and without realizing there are also obligations to each other, and to God, as well.

Does the Pope have any advice for women who do not wish to have children within a marriage?

Marriage must include openness to the gift of children. It is the mark of the Christian couple. This is an expression of our respect for God himself, who created male and female in his own image, reflecting his life-giving love in the patterns of their sexual being.

What about women who do not choose to marry?

What can I advise women who do not choose marriage as a way of life? Modern conditions and social changes have created new patterns and new difficulties for family life and marriage. But I say do not follow the trends that portray marriage and the family as outdated. The Christian family is more important for the Church and for society today than ever before.

Who were the women most important to you in your early life?

My mother, who died far too early, the tragedy of which brought me even more to love the Mother of God. Perhaps one could say these are the most important women in my life, early or later.

Which women in the Catholic Church do you consider contemporary heroines?

Without doubt, the one who comes immediately to mind is the saintly Mother Teresa of Calcutta [winner of last year's Nobel Prize for Peace], one of the greatest women alive today, of any faith, color and creed. But it would not be fair to single out one rather than another of the many, many lesser known women, and therefore, through your pages, the Pope would like to send his thanks and appreciation to the very many religious and lay women who have completely dedicated their lives and exercised responsibility to the Church, all these women around the world, the unsung heroines.

Does Your Holiness have a special message for the women of America?

Yes. I speak to the women of America. I speak to the women of the whole world, because women are universal, their gifts are universal. Women frequently set the moral tone for society by their influence as wives, as mothers, as dedicated single women either in business or religious life. What they do, what they permit, what they value, has an influence that pervades society and shapes the future.

Women should realize, be more aware and ready to use their tremendous influence. They should not be afraid to assert that influence for good, for integrity, for purity, for the home, for love. They must not be afraid to articulate the moral values that have made their role so important in the past and which have made society so strong. As you say in America, "Woman is Beautiful," and for the world's benefit, they should never forget this.

And finally, in parting, the Pope had a special word for the *Journal* and its readers: "Bless you all, bless your families, bless your readers, bless your work and magazine. Dear brothers and sisters in Christ, and those of other faiths and creeds, God bless you. In the name of the Father, of the Son, and of the Holy Spirit." **End**

Editor's Note

In the next issue of the *Journal*, a forum of women will respond to the controversial issues raised by Pope John Paul II in this article.

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Immortal Hari

continued from page 146

I must have protested softly. I don't remember now. I do remember running to Susie's room. "They don't want Hari back. He's yours."

And her response, as she reached for Hari's round head beside her. "How could anybody not want Hari?"

The years of Hari's life with Susie are difficult to separate into the changing rhythms of their partnership, the small crests and troughs they rode together as Susie lived through her teens and Hari his middle age.

Certainly, the high point of those years was Hari's marriage, arranged, conducted and paid for by Susie. Lhasas were rare enough to be expensive, and required all of Susie's savings and a trip to Bakersfield to find a proper bride for Hari.

She named the golden puppy Dalai after the lama whose toes were warmed by Lhasas, and wedding preparations were begun as soon as Hari exhibited more than casual interest in his bride-to-be. They were married at Susie's bedside in a ceremony complete with vows and reminders of marital responsibility. Hari listened attentively as always to every word Susie spoke, wagging at one end, snorting his doubts at the other. Dalai seemed distracted.

Not long after, and in the eighth year of Hari's life, he became the father of a small replica of himself, a female Susie named Tibetsi, born under her bed.

Tibetsi was to become the image of Hari, large for a female, fearlessly aggressive, and scornful of all non-humans. One difference that did show itself, however, was her willingness to switch allegiance from Susie to the rest of us, and soon she was accompanying me and my youngest daughter to a small ranch where we spent weekends raising Angus calves and a colt for riding. Susie allowed the puppy to go with us to the country, but she would not allow Hari to go.

"Hari is not a cowboy," she reminded me. "He's a palace dog."

Our ranch was intended as a family alternative to city confinement, a place where each of us could walk without connecting leashes, dig a hole or climb a tree or pick a flower that belonged to no one. Instead, this refuge divided us. The relentless progress of Susie's disease made trips to the country impossible for her. So half of us, including Hari, remained in the city; half, including collies and younger daughters, took off on Fridays for the ranch. Hari by then was ten years old, his ways were set, and the natural world continued to be of no interest to him. Even in the city his concession to the undeniable need to go outside was made with mutterings of protest.

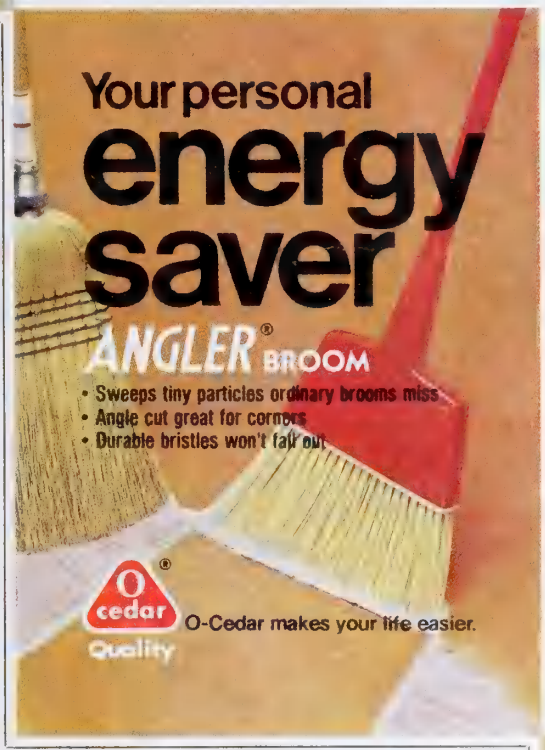
At last, however, Hari was given no choice. Susie's condition had always required periodic visits to the hospital where she received blood transfusions and antibiotics to slow the debilitating progress of her disease. As she grew older, these hospital stays became more frequent and, in her twentieth year, they often lasted several weeks. And because the most effective antidote had always been her high spirits, these confinements were not allowed to diminish her sense of participation in our lives.

Her mother moved into the hospital with her to provide company and conversation, special treats and special love, and above all to give Susie the sense of still belonging to her family. Hari, of course, was not allowed to visit her, but on more than one occasion he was smuggled into her hospital room, gift-wrapped to look like an expensive toy, a scarf tied under his chin, his nose and radiating petals of fur too perfect to be the face of a real dog. But now there was no one to take care of him on weekends, so with Susie's okay Hari and his family joined us in the country.

Hari went about reorganizing another household with his usual fervor, but its members were even larger and were scattered over seven acres of corrals and outbuildings and impenetrable vegetation. With Dalai and her puppy tagging along, Hari's weekends were exhausting efforts to locate and sort out everybody. Wherever he went, he was confronted with large faces staring into his, with badger burrows deep enough to swallow him, with burrs and thistles that collected in his coat until he was immobilized.

My reports to Susie at the end of these weekends were vitally important to her. Had Hari enjoyed himself? Had he met any interesting friends? Did I bear in mind that he was born to warm the toes of lamas, not to dig for gophers? My Sunday evening accounts of Hari's country adventures were edited to reassure her that his behavior was impeccable, that his bravery in the face of an Angus steer was matched only by his canny decision to let beef with horns and hooves alone. I left her reassured, proud of Hari's expanding talents as a ranch hand, never surprised to discover that he was a surprising dog.

Susie's twentieth birthday was celebrated in November at her hospital bedside with Hari in attendance. It was an occasion made more festive by her doctor's promise that she would be home for Christmas, and preparations were begun in the early weeks of (*continued*)





Immortal Hari

continued

December for that happy event. For my part, I made arrangements to bring a Christmas tree from the country, a special tree cut from the high slopes surrounding our ranch. The weekend before the holiday, the tree was delivered in a pickup driven by a friend unaware of Hari's habit of challenging all arrivals. Before I could head him off, Hari darted under the wheels of the truck. The driver never saw him. We rushed him to a veterinarian, but his life had ended in that awful moment.

Later that day I reached my wife at the hospital. "We mustn't tell Susie," we told each other, with no idea of how to keep her from knowing. The following morning, a Sunday, I received another call. Susie's doctor warned that her precarious hold on life might slip if she were told of beloved Hari's death. Somehow Hari must be kept alive so that Susie would want to live.

In the days and weeks that followed I was assisted to some extent in my deception. Susie's condition had so deteriorated that she was unable to leave, except for brief periods, the life-supporting paraphernalia hospitals provide. She did come home for Christmas, but only for the day, and it was reasonable, she agreed, that Hari and the rest of the animals remain in the country. Also, we had sold our city house and moved to an apartment nearer the hospital, a necessary reduction in expenses and responsibilities. While small pets were allowed in the building, all our animals would never have been tolerated there, so the ranch was now their home, as it was becoming mine. Susie felt as we all did that Hari should never become an apartment dog, forced to adjust to a world of elevators and parking lots, foul-smelling pet areas and thin-walled cubicles where a bark was grounds for eviction.

It became necessary for me to divide my time equally between the country and city families in order to fulfill responsibilities in both places. Susie and her mother, meanwhile, remained together at home or in the hospital. The arrangement was manageable, if never entirely satisfactory, and it did account for Hari's continuing absence. Nothing could make easy my regular arrivals at Susie's bedside, however, when news of Hari was her first request. Making up stories to delight a child is a precious part of every parent's experience, but relating Hari's fictitious adventures to a perceptive 20 year old who knew him far better than I was the most difficult task I have ever undertaken. Fortunately, Hari's wife and daughter thrived on country life, and their experiences became his. I told of encounters with peacocks and kittens, of trips to the dump and excursions to gather wildflowers. The country air was good for Hari, Susie decided. "It's more like Tibet up there." My throat tightened and I could not answer.

I was called upon to keep Hari alive and well for nine months. To say that I succeeded would be to overestimate my skill and to underestimate my dear daughter's sensitive awareness. Although she gave no indication of suspecting the truth, toward the end of her life she asked less often about Hari. I am certain this was partly to spare me, for Susie's concern with the slightest discomfort she detected in the rest of us was always greater than her worries about herself. She was blessed with that sixth sense the handicapped share, reserved for those who need it most, insight unrelated to the physical receptors that guide the rest of us. I believe she knew. I also believe that the truth did not upset her so drastically as we believed it might. For her, Hari was there beside her where he belonged.

I realize now that my attempts to give Hari a life beyond his own were never necessary. He had taken care of that, as he took care of all his responsibilities to Susie. He was never one to leave a doubt about his presence, but he believed that the larger we were the more we needed reminding. Just in case, his daughter with all her father's ways rests her chin lightly on my toes today. Even that was an unnecessary precaution. Hari is immortal. He always was. **End**



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- 1 can (12½ oz.) Chicken of the Sea® tuna, drained
- 6 hard cooked eggs, sliced
- 2 cans (10¾ oz.) condensed cream of mushroom soup
- 1 cup (½ pt.) sour cream
- Salt & pepper
- ¼ cup melted butter
- 2 cups soft bread crumbs (about 4 slices)

Squeeze spinach to remove excess liquid. Spread spinach evenly in a greased 2 qt. casserole. Sprinkle with onion, tuna, and eggs. Mix mushroom soup & sour cream. Pour mixture evenly over eggs. Mix melted butter & crumbs and sprinkle evenly over top of casserole. Bake in pre-heated moderate oven (350° F.) for 30-35 minutes or until golden brown and bubbly.

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Editor's Diary

JOURNAL ON THE GO!

Busy, busy, busy. That's the way of *Journal* editors who put together this magazine for you, and who are involved in scores of side-projects that put us closer to our readers. Item: we're still sending out those Togetherness Diets we offered in our February issue. Ever seen 20,000 quarters in one office? . . . Item: new, rewarding honors for your Editor. I was named to a "professional chair" in magazines by the New York Chapter of Women in Communications, with such chair-mates as Charlotte Curtis (newspapers) and Rena Bartos (advertising). . . . Item: I was invited to speak in Washington, D.C. at the biennial convention of B'nai B'rith Women on Women in the Media. My co-panelists, network TV news commentators Jessica Savitch and Ann Compton. . . . Item: The Irish Tourist Board and the *Journal* honored Bill Fine and his "Secret Recipes of Ireland" at a Pre-St. Patrick's Day Party, featuring *Journal* food and Black Velvets. . . . Item: Our "Women in the 80s" program goes on. Latest seminar was on minority women, with Angela Cabrera, national president, the National Conference of Puerto Rican Women; Dorothy Height, president, National Council of Negro Women; Jewell Jackson McCabe, president, Coalition of 100 Black Women; Mary Natani, president, North American Indian Women's Association; and Ruby Tsang, founding member, Asian Women United. And so it goes: *Journal* on the go!

Next month watch for our Women in the Work Force report! Below, left to right, Charles L. Brown, chairman of the American Telephone and Telegraph Company (our co-sponsors), myself, and LHJ publisher, Robert D. Thomas. On right, Elizabeth D. Koontz, chair, National Commission on Working Women; and Lynda Robb, chair, President's Advisory Committee for Women. About 150 other leaders also attended this conference.





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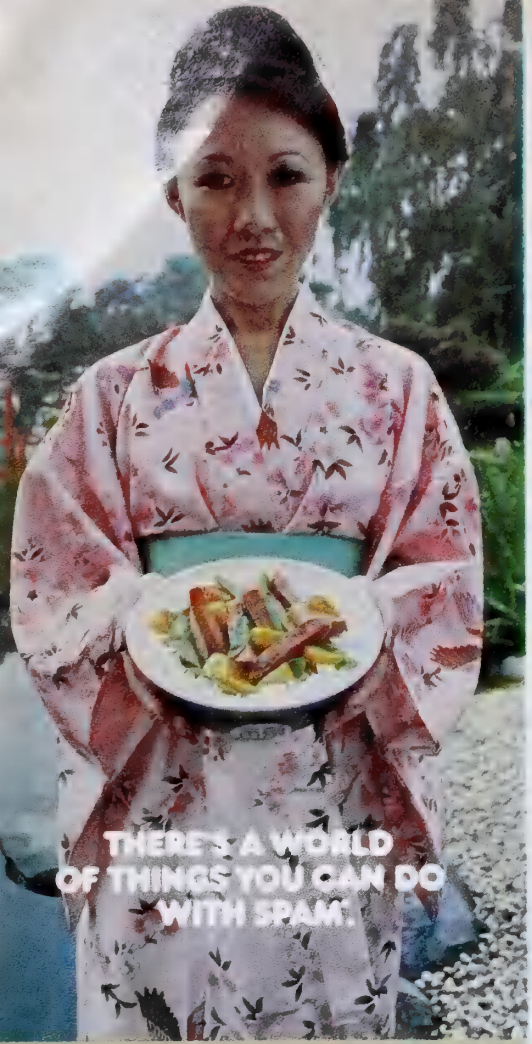
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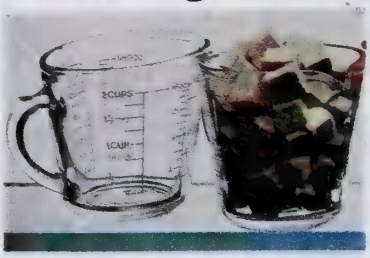
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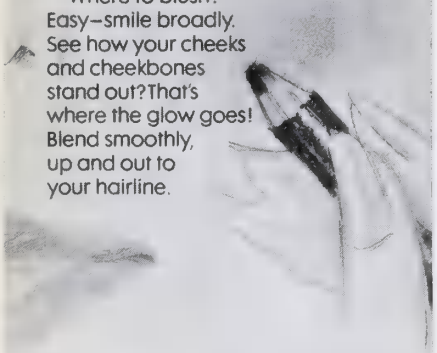
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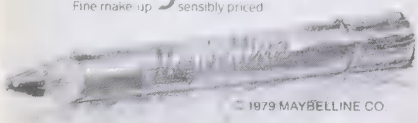
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China deck	$100*	$359.88
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Justin the Star!

When Justin Henry was six, he was chosen to make a movie called *Kramer vs. Kramer* with Dustin Hoffman and Meryl Streep. The film became an enormous hit. Here's how life has changed for Justin, his sister Tabbatha and their parents, Clifford and Michele.



Justin and his family.



Gene, Justin and the director's chair.



Justin in his third-grade class.

As Justin romps home from school with his third-grade pals, I stroll a distance behind with his father, Clifford, and I wonder the common wonder: has Justin changed?

Cliff (we have become fast acquaintances fast) quietly and quickly says no, "but if there *is* ever a real change we'd pull him out, absolutely. We thought about the movie offer very carefully. We were concerned about the pressures on him as a child, and we were aware of how other kids in the movies have turned out. The most difficult adjustment," he says as we cross the school playground, "was made by Tabbatha. She was nine years old and she got her nose a little bit out of joint with all the publicity he was getting. Everybody would come up to her—she was in the fourth grade then—and ask how Justin was doing and what it was like to make a movie."

We walk down the middle of tree-tented streets and follow Justin (his shoelaces untied as usual) through backyard shortcuts. Mrs. Henry, Michele, greets us on the porch as Justin races to the kitchen for some brownies (I ate three) and a glass of milk.

Michele agrees about Tabbatha: "She quite simply disliked Justin and made no bones about it. She began to feel that all we cared about was Justin, Justin, Justin. One Saturday morning, when a little girl was visiting her, it dawned on me that Tabbatha was blaming the movie for a lot of things that little brothers just *do*. It wasn't because he made a movie, it was because he was eight years old. So I sat down with her and her little visitor and said, 'He's getting to be a pain in the neck and I agree with you. He takes your things, he calls you a brat, he won't go to bed when you tell him to. But he's just growing up, and you have to accept that.' And her young friend said, 'That's right, because I'm the youngest in *my* family and I'll do anything to bug my brother.'

"I reminded Tabbatha how I had wallpapered her room as a surprise while she was away, and I took the time to tell her other examples of how we had shown how much we care about her. Slowly we realized how much we do love her, and we haven't had a problem since."

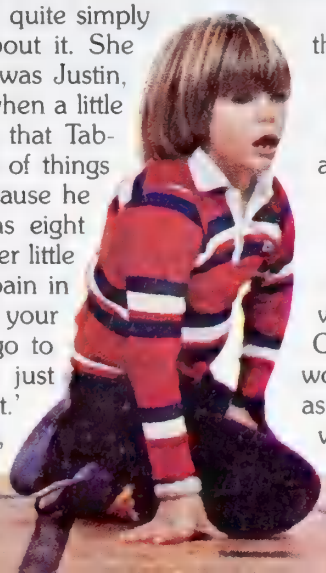
When family friends gave Justin the little director's chair (see picture), they were thoughtful enough to give Tabbatha a T-shirt that read: "I'm somebody special, too."

Cliff says: "She's worked it out really well, and she's been absolutely super."

I consider a fourth brownie but welcome the coffee, which Mrs. Henry pours while she talks about Justin and the family's future. "I'm incredibly worried and I'll tell you why: I've had one goal in my life, which is to make a nice, happy family life. This is the biggest threat I've ever faced. I'll have to move my priorities around a little bit if Justin is going to pursue this. It's scary, but I think it can be done."

I ask why she worries; why not just stop the acting? Is the money inviting?

"Obviously the money's a part of it. While Cliff and I are very comfortable, we're not loaded. But that's only part of it. I also have this overwhelming feeling that if Justin has a talent that I can train him for, I should do it. He *has* a talent, and I don't know if I have the right to say no to that. If he's in another movie, and he does well, it will mean that he really does have talent. Can I say no? I can't do that to him. But I won't push it down his throat, either. As long as *he's* interested and he *wants* it, then I'll work hard for it." *(continued on page 16)*



Photographs by Judy Lawne



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What's Happening
continued

Justin cuts through the living room with a see-you-later wave on his way to the after-school football game in the yard.

Clifford Henry says: "Justin would like to do another movie. We finally got him an agent, Sam Cohen of ICM. I was afraid that if we didn't do something like that, I was going to make some mistakes. If he's as good as everybody says he is, there's no reason for him not to arrange Justin's movie work, as long as we can control it. It's been more hectic for Michele than for me because most of the phone calls come to the home. That's one reason we got Sam, to teach us and guide us and fend off some of the calls."

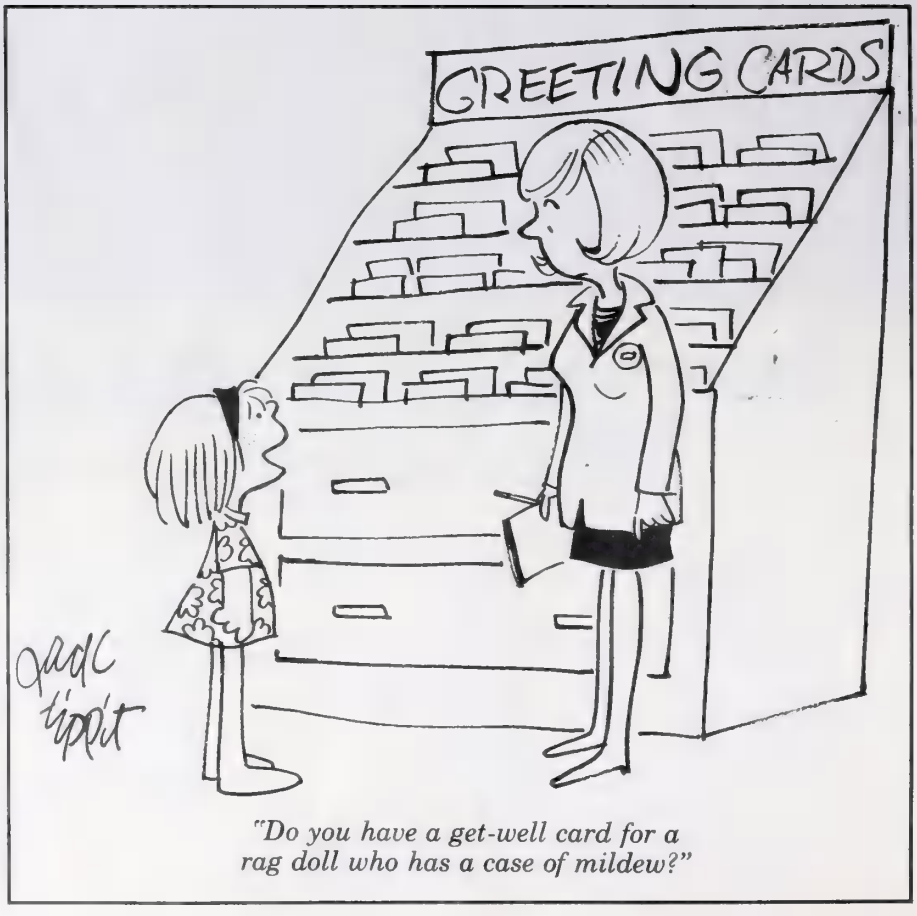
"We got an agent," says Michele, "because we don't know anything about the creative side. And that's precisely the problem. Justin may get in with a director who seems fine on the surface but whom he can't *work* with. But then it's too late and you can't get out. That's my nightmare. We're trying to shift the odds in Justin's favor with an agent who knows everybody in the business and who can protect Justin. We don't want people who consider him just another product. He's my baby. He really is my baby."

I am coming to like these people a lot: moist brownies, hot coffee, kindness to children and common sense. I ask Michele if there have been any *positive* aspects to this adventure, something to counter the sibling rivalry and future fear.

"Oh, so *many*," she brightens. "A whole new world has opened to all of us. The children have been exposed to social experiences that they might not have had for ten years. They have met people very different from the people that we see every day. Creative people, people who are climbers, people who couldn't care less about stars. Justin *(continued)*

GENE SHALIT RE-VIEWS

. . . **And Justice for All**—Al Pacino and a strong cast collapse under a wretched script.
Apocalypse Now is Francis Ford Coppola's celebrated and castigated effort, using the American war in Vietnam as an awesome vision of humanity. Not for children.
The Black Stallion is wonderful family entertainment; based on the popular book about a shipwrecked boy rescued by a wild stallion.
Chapter Two has a script of pure gold by Neil Simon and a good performance by Marsha Mason, but the rest of the cast is disappointing.
Going in Style, with George Burns, Art Carney and Lee Strasberg as three elderly men trying to put life into their lives, will make you love movies all over again.
Kramer vs. Kramer stars Dustin Hoffman and Meryl Streep as parents in a custody battle over their son, and is one of the finest films in years.
1941—Director Steven Spielberg let this one get out of control.
Promises in the Dark stars Marsha Mason as a doctor treating a young patient. A warm story about caring and respect.
Running—Michael Douglas is too good for this mediocre film about training for a marathon.
Soldier of Orange is an engrossing drama about members of the Dutch resistance during World War II.
Starting Over stars Burt Reynolds in a high-quality comedy, along with Candice Bergen and Jill Clayburgh.



"Do you have a get-well card for a rag doll who has a case of mildew?"

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zeroes in on who he likes and doesn't like just by the way they approach him. He's learned to judge."

Some little boys come in looking for Justin. She says he's out back.

"And there's another important plus," she says to me. "He has learned to function as part of a team. There were times when he just didn't want to go on the set. He'd say, 'I don't want to, but everybody's there and I got to go.' And he'd go. He learned to say no to himself a little bit, which he had never done before. He's a very willful kid, very strong. For a long, long time, when everybody else said no to themselves, Justin went ahead and did what he wanted. The movie taught him a lot of self-control. He'll listen now, and he'll think something through. It may have happened faster because of the movie."

The movie affected more than just Justin. Dustin Hoffman plays an ad executive so obsessed with his career that he barely knows his little son, played by Justin. That influenced Clifford, who is an investment executive with JCPenney: "It brought me closer to my kids because I could identify with Hoffman's character. It's very easy for a father to get into that workaholic syndrome where you focus so intently on one thing and you figure you'll let your wife do the rest of it."

His wife smiles. "We have had some changing of our roles. If the laundry's sitting, needing to be folded, Cliff will walk in the door and start to fold it, whereas a year and a half ago he wouldn't have even seen it. That kind of thing. The demands on all of us since the movie have been much greater, so we have to keep stepping in and doing things that we didn't formerly do, because our life isn't so organized anymore. And that's good. That's great. It's *fine* with me. I don't know if it's so fine with Cliff but he doesn't seem to mind."

And he smiles back.

Considering this was his first role and he was six years old, nobody's going to retire on Justin's money. I wondered if he had bought something he especially wanted. His mother says: "Just once we let him use some of it because we felt he'd earned it. He had been given a backyard tent, so he bought himself a flashlight, an air mattress and a canteen to go with it. There's not a lot of money. After all, he didn't make a fortune."

Michele Henry feels strongly about this next statement, and at last she's getting a chance to say it.

"My family is my number one priority. I want these children to be equipped. I

(continued on page 185)

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Chocolate Chip Cookies

2¼ cups all-purpose flour
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½ teaspoon salt
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1 pkg. (6 oz., 1 cup) semi-sweet chocolate morsels

Stir together flour, soda and salt. Beat margarine, shortening, granulated sugar and brown sugar until well blended. Beat in eggs and vanilla. Mix in dry ingredients. Stir in cereal and chocolate morsels. Drop by level measuring-tablespoon onto greased baking sheets. Bake at 350° F. about 12 minutes or until lightly browned. Remove from baking sheets. YIELD: 5 dozen.

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IT'S NOT EASY TO BE A WOMAN TODAY!

"Was I Too Old to Have Another Baby?"

By Beverly Ferris

What do you do if you're 43, have spent almost 25 years raising four children and finally, happily, have gone back to work when you realize that, in all probability, you're pregnant again?

Somehow our family planning never went the way we expected it to, right from the start. Before George and I were married we dreamed of having two boys and two girls, in that order. Instead, we had three girls and it didn't look as if we could have a fourth child. I tried hormone therapy but it didn't work. Okay, so we'd revise our plans—no boys. Then, to our astonishment, nine years after our third child was born, I became pregnant. We were understandably elated when our hoped for son, David, was born.

As soon as David entered the first grade my days were free and I found a very rewarding job as a teacher's aide at a local grade school. That year our eldest daughter Pam was pursuing a nursing degree, Connie was a freshman at a nearby college, Kathy was a high school sophomore, and we all moved into a new four-bedroom house. Life was great—everything was falling into place for me.

But the day Pam came home with the news that she and her boyfriend planned to get married, I also had news. Unless I was mistaken, I announced, this absence of menses was not the beginning of the change of life, but the start of a new life.

My daughters reacted with giggles. I wondered if that meant they were embarrassed by their Mom's pregnancy, and I worried about how George would take the news. That night I would have to tell him he'd soon be a father-in-law and a father again. Could he take two shocks in one sitting?

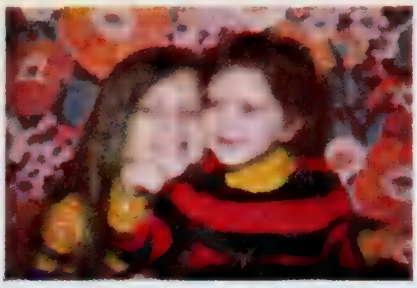
Thank goodness I have a calm, easy-going husband. I've rarely seen George's feathers ruffled by anything, and this was no exception. Of course he was surprised—but he was also very pleased. As an only son, with three older sisters, he had always longed for a brother and supposed that David felt the same way. But he was concerned, too. He had supported four children who were now well on their way to maturity, and suddenly here was an additional responsibility. He quickly did some mental arithmetic. How old would he be when the baby was ready for college? How could we manage? Would we be able to save anything? He had a lot of figuring out to do.

I made an appointment to see my doctor. After the examination he confirmed my diagnosis.

"Well, what would you like to do about it?" he asked.

Do about it? What was he saying? When the meaning of his words finally penetrated I felt a chill. Abortion is certainly an option in this enlightened age—but not for me. My doctor, however, told me to go home and think about it.

Although there was no question in my mind that I would have this child, I casually mentioned the doctor's remarks to my girls. They reacted with gasps of disbelief that such a thing would be suggested. It was comforting to know that their thoughts were the same as mine, even if their waddling pregnant mother might be an embarrassment. George also supported my decision. So it was final—on with it. *(continued)*



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It's Not Easy

continued

George was a calming influence all through the pregnancy, assuring me that all would be just fine whenever my thoughts got to me and I became nervous and upset. I naturally worried more about this pregnancy than the others.

One of our main concerns was whether we would be able to raise this child to adulthood. But Pam and Connie promised that if anything happened to us they'd take over. I'd also read numerous articles about the increased incidence of retardation in children born to mothers over 35. My doctor, however, did not suggest amniocentesis—the drawing of amniotic fluid from the uterus in order to analyze for defects in the fetus—and I didn't insist. For some eerie reason I felt certain that my child would be normal in every way.

There were times when I had my own little "pity party," when I looked at my blossoming shape and was sure no one else my age was *ever* in such a condition. I also felt my life narrowing. It was only recently that George and I decided we could slip away for a weekend, leaving the girls in charge—that would have to change. And I'd probably have to give up my job. It wasn't the highest paying in the world but it gave me some "mad money" to spend on little things that weren't included in our budget.

There were humorous moments, too. I remember the time my neighbor, who hadn't seen me for months, almost fell over a stack of cans in the supermarket when she spotted me and my new shape. Others simply assumed that I had acquired middle-age spread. When we began making arrangements for Pam's wedding, our pastor smilingly assured me that it wasn't at all unusual to have a pregnant woman in the wedding party, but it was "a bit rare" for the woman to be the bride's mother.

Our child arrived a month early. Michael came into the world feet first and tipped the scales at slightly over four and a half pounds, but he proved to be a fighter with a determined spirit. This isn't to say it has all been smooth sailing. For the first year and a half he probably didn't sleep an entire night through. Many times I was groggy-eyed, wishing I could get at least six hours of sleep. If we left him for an evening with his sisters, when we returned we were met at the door with, "He's *your* kid—you try to stop his crying."

Today, there are many times when my old body rejects the idea of rough-housing with an active four-year-old, which makes me feel that perhaps he's not getting his fair shake as far as parents go. And sometimes, when I see other couples our age who are free to come and go as they please, I have moments of envy and twinges of resentment.

We never fail to be amused when people look at my middle-age bulges and George's graying hair and ask if Mike is our grandchild. My emphatic answer is, "No, our grandchildren are both girls," for we are now grandparents.

Also, I find that being the mother of a preschooler when most preschoolers' mothers are a generation younger than I creates strange feelings in me. For instance, this past spring I made a strong effort to take Michael to the weekly story hour at our public library. The other mothers would wait for their children at a nearby coffee shop and they invited me to come along. Very often I made excuses because somehow I was uncomfortable being with a group of women who were nearer to Pam's age than mine, and who had more things in common with one another than merely having a preschooler.

I must admit that I wasn't a very enthusiastic grandparent when our daughter's first child arrived. I was up to my neck in diapers and two A.M. feedings. Who had time for ooh-ing and ah-ing over a granddaughter? But Pam and I have many good times together, sharing the joys and, at times, the problems of caring for an infant.

This fall Pam's oldest girl, Celica, and my son Michael are enrolled in the same nursery school. I chuckled on the first day of school when the teacher said to the class, "Do you all know that Mike and Celica are uncle and niece? Isn't that nice?" She seemed to think that it was a really delightful situation. But I noted a few raised eyebrows among the other mothers.

Michael is a precocious and perceptive child. Without him, our life would not be as full as it is. And although we may be older parents, our little son makes us feel much younger than our years. **End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.



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Can This Marriage Be Saved?

Betsy couldn't share Guy's love, nor could she separate him from his mother. How does a wife handle a mother-in-law who won't let go?
By Dorothy Cameron Disney

"My Husband's Mother Was the Other Woman"

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit, educational counseling and research organization with a staff of 70 counselors. The true stories reported here are drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was Dean Smith.

BETSY'S TURN

"When Guy advised his mother to buy a condominium only two miles from us, I was so hurt I wanted to die," began 31-year-old Betsy, a legal secretary, who had blue eyes and short, blond hair. "Deedee, as my mother-in-law insists I call her, used to live fifty miles away. Even then Guy spent practically every weekend at her place, struggling to solve her endless problems. But this is absolutely worse.

"If he isn't at the office, he's in a huddle with Deedee at the condo or else on the telephone listening to her tales of woe. The other night, for example, Deedee called while we were having dinner, and she and Guy yakked like a pair of teen-agers going steady. Then, instead of finishing his dinner, he said he had to rush over to the condo for an immediate consultation. Deedee's drapery samples arrived that afternoon, and she needed him to decide what color would go best with the carpeting he had already helped her select.

"At that I blew my stack. In spite of all my good intentions, I staged a dreadful scene, and he walked out the door. At the last minute he looked back inside, and invited me to come along and vote on the drapery matter. Unfortunately his suggestion only made me angrier.

"Deedee hasn't had the slightest interest in my tastes and opinions. It's Guy's opinions and companionship that she craves morning, noon and night. She treats him like a boyfriend instead of like a grown man with a wife and children of his own. Everybody notices the way she clings to him in public, fluttering her glued-on eyelashes and jiggling her mammoth bosom, which is barely covered by the low-cut, down-to-the-navel dresses and see-through blouses she wears. She talks constantly about her 'cleavage' and casts sideways glances at my lack in that department—I take the smallest size bra on the market.

"Maybe I'm jealous of her huge front, but I doubt it. I *am* jealous of the influence she wields over Guy, the way he puts her first in everything, regardless of my feelings.

"Anyway, when he marched out the door, I screamed that I didn't ever want him to come home, which I didn't mean, of course. It was midnight when he did return, pale and tense from our emotional scene. I was so glad he was home I longed to open my arms to him. I couldn't do it, though. I was still too deeply wounded by his rejection of me.

"Indeed, when he made a timid sexual approach, perhaps meant as an apology, my pent-up hurt and frustration exploded into rage. I shoved him out of bed. Then I screamed at him to run over to the condo, climb into his mother's bed and stay out of mine forever.

"Guy and I haven't made love since that night, six months ago. He sleeps in the den, stays at the office and, although he hasn't said so and I haven't inquired, I imagine he stays over at his mother's sometimes.

"Frankly, I'm afraid to bring the subject up. I'm just not sane in any discussion of my mother-in-law. Just thinking of her hold on Guy drives me up the wall. I start to rant and rave, which scares the children, and Guy and I get nowhere. He walks away without a word. Of course, we weren't always this way.

"When I met Guy, eight years ago, I knew he was right for me. My mother had always told me I was too ugly to catch a man, *(continued)*



Illustration by Heather Taylor

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Trust Woolite

Can This Marriage Be Saved?

continued

but at the same time she'd tell me that I ought to get married like other girls my age. Her harsh criticism made me miserable, but Guy somehow made me feel good about myself. He was considerate and gentle, and really seemed to think I was attractive.

"We dated just three months before our marriage. To my secret relief, the honeymoon went just fine. Both of us were sexually inexperienced—plain dumb for this day and age—but Guy had done a lot of reading on the subject.

"Anyway, I was satisfied and so, I think, was Guy. Sex isn't a big thing in our marriage. Actually, since Guy has been sleeping elsewhere, I haven't missed it a bit. I have, however, desperately missed the companionship and affection he's now showering on Deedee.

"In the beginning of our marriage, I wasn't particularly disturbed by Guy's mother, although I couldn't understand why she and his sister Ann, who died a few years ago, were forever hugging and kissing him—my family doesn't hug and kiss except on special occasions. Perhaps I was too busy putting Guy through school to be worried about Deedee.

"Everything changed, however, when Guy's father ran off with his secretary. It's my opinion that Deedee tried to replace her husband with mine. Until then I was unaware of her helplessness (she can't even write a check), her inappropriate clothes, her wagging bust, her coyness with her own son. Nowadays I can think of nothing else.

"I consider Deedee my rival—the other woman in Guy's life. I feel that she has stolen his love from me and robbed my children of their father. Because of her, I have turned into the kind of woman I can't stand—suspicious, nasty, hysterical, filled with hatred. I hate Deedee. I hate Guy. I hate myself. Unless he breaks away from his mother, puts her out of his life and shares my life again, I think divorce is the only answer."

GUY'S TURN

"I don't want a divorce but I won't oppose Betsy if she insists upon one," began 32-year-old Guy, a tall, thin man, wearing horn-rimmed glasses.

"Our kids might be better off if we were permanently separated. Our home is a battleground whenever I'm there, which is why I stay away as much as possible. The tension affects all of us. Our two year old whines all the time and six-year-old Tommy has eczema, which the pediatrician says is emotionally triggered.

"Betsy blames our unhappiness, our fights—even the family's ill health—on my poor mother. It's become an obsession with her. She hurls insults at Mom and at me that I'm ashamed to repeat—irrational, unbelievable stuff.

"She screams that Mom, who's sixty-five years old, is a common tramp, out to seduce me. Then she yells that I love Mom more than I love her and the kids.

"I've tried to dispel her lunatic fantasies and to explain that there are different kinds of love. I love my mother one way. I loved my kid sister, Ann, in a different way. I love my children in still another way. And at one time I loved Betsy more than anyone in the world.

"Without Betsy's encouragement and hard work during our first years of marriage, I would never have become an engineer. She made me believe in myself, something I desperately needed.

"My father was a successful inventor, a near genius, and he was convinced that I was an idiot son. No school marks I earned were ever high enough, no award of mine ever impressed him. My mother, sister and I lived in terror of him, like three scaredy-cats quavering before an enemy. He heaped sarcasm and contempt on us all, but we kept our mouths shut and retreated in silence. Once I hid under the house all day long to escape his icy comments on a mediocre school report. Eventually I had to emerge and I found him waiting.

"When he took off six years ago, I expected Mom to be relieved. Instead, she fell apart as though her meager supply of strength had disappeared with my father and his sex-bomb secretary.

"At my urging, Ann, who had been living at college, moved back home to bolster Mom. That was a mistake, one I'll never forgive myself for suggesting. The burden of coping with Mom, trained to helplessness by years of my father's put-downs and domination, was too much for Ann. She got into the drug scene and also began drinking heavily.

"At the time, I was barely aware of Mom's and Ann's problems. Tommy had arrived, and Betsy and I were completely absorbed with the joys of parenthood. For a while, I even had hopes that little Tommy would draw us together as a family. Mom was delighted at being a grandmother and buried Tommy in gifts. That's when the trouble started.

"Betsy's mother sent nothing for Tommy, not even a card. I think the contrast hurt Betsy, so she took it out on Mom. To soothe things, I told Mom to restrain her generosity, which naturally upset her. From that day on, I've been torn between my mother and my wife.

"Since Betsy never sees her family and couldn't care less about them, she thinks I should feel the same way about Mom. She has no compassion whatsoever for a lonely old lady who has only one person in the world to love.

"Mom has never recovered from Ann's death, the result of mixing drugs and alcohol. When it happened, she hinted at suicide and she still says she has nothing to live for. I try to cheer her up, but she's profoundly depressed.

"The idea of the condominium was mine. I thought Betsy might soften and help Mom find new friends and interests in this new environment. I thought she'd ask her to spend more time with our family. I couldn't have been more wrong.

"I can't even call my mother without Betsy making a scene. Mom knows how she feels—it's pretty obvious to everyone—and is as scared of Betsy as she used to be of my father.

"Betsy insists she loves me, but that's hard to believe. In fact, I sometimes wonder whether she ever loved me. Not once in our eight years together has she ever initiated lovemaking.

"Betsy forced me from her bed six months ago, and I'm not about to force my way back. Nor am I going to abandon my responsibility to my mother. Either Betsy and I agree on a compromise or we agree on terms of a divorce."

THE COUNSELOR'S TURN

"Betsy and Guy held such contrasting views of his mother," the counselor said, "that it was impossible to discover the objective truth. At one session of group counseling their descriptions of Deedee were so contradictory that members of the group thought they were discussing two different women!

"Rather than waste energy on arguments about Deedee, I urged Betsy and Guy to concentrate on understanding each other. After all, they couldn't change the older woman but they could change themselves and their marriage.

"Both Betsy and Guy had been scarred by unhappy childhoods. Years of strife with her ungiving, unloving mother, whom she resembled in many respects, left Betsy with a poor self-image. Attractive to everyone except herself, she didn't feel self-confident or secure, and reassurances from Guy didn't help.

"She regarded her marriage as a stroke of miraculous luck and was ever fearful of losing her prize. As soon as she sensed a threat—imagined or real—from Guy's mother, she reacted as she had reacted long ago to her critical mother. She threw a tantrum, screaming and foot stamping.

"Guy was appalled. Instead of fighting back, though, he withdrew in silence—a childhood maneuver he had used to deal with his formidable father. His passivity fed the fires of Betsy's jealousy and rage. She lost control of her tongue, her behavior, her thinking.

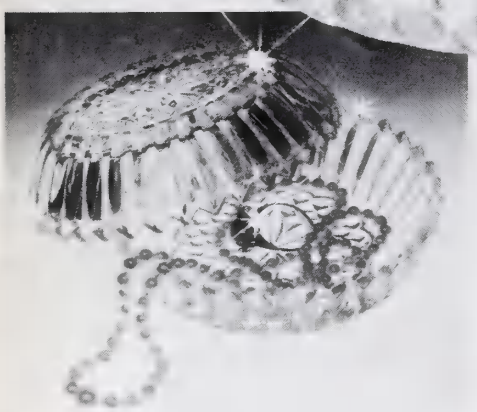
"Betsy was engaged in a no-win contest, and she knew it. Nevertheless, she seemed unable to stop herself from destroying herself and her marriage. Except for his strong sense of duty, there was no reason for Guy to come home to the poisonous atmosphere she created. He admitted that he dreaded entering a loveless home where he was

continued

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Can This Marriage Be Saved?
continued

greeted with verbal and physical abuse, and was deprived of sex for months on end.

"Loath to talk about sex, Betsy mistakenly believed that she behaved as the average wife. I told her in plain words that Guy needed proof of her professed love—sexual proof. Since he refused to approach her and risk a rebuff, it was up to her to make amends. For the first time, Betsy took the initiative in lovemaking. She tiptoed to Guy's den and quietly embraced him. The result was predictable.

"With the resumption of their sexual relationship, the marriage improved—but not enough. Although Betsy tried hard to control her angry outbursts, or so she said, she made little progress. The habit was too deeply entrenched. And, as I pointed out to Guy, his retreats from the domestic battlefield weren't helping Betsy gain self-control.

"The next time Betsy threw a tantrum, Guy followed my directions, tailored for this particular case. He grabbed his screaming, kicking, foot-stamping wife, shoved her out the door—no easy task, he told me later—and locked it. She raged on for a while, but he wouldn't let her back in until she was quiet.

"This sharp change in his response to unreasonable behavior was eventually effective. After several episodes, Betsy learned to manage her temper and hysterics. In time, her obsessive hatred of her mother-in-law faded, too.

"Guy now sees his mother perhaps once a week, and Betsy occasionally accompanies him. They often take the children along, and sometimes—at Betsy's request—Deedee baby-sits. Recently she entertained her grandchildren over a long weekend. Guy and Betsy were at a ski resort, treating themselves to a second honeymoon." **End**

TO A DOG IN A THUNDERSTORM

By Carolyn Sloat

You skulk beneath the nearest chair
With terrified and stricken air
As though the final blast of doom
Were charging on this very room:
Your tail is limp, your body shakes
At every sound the thunder makes.
And in your eyes' despairing glance
The lightning flames of torture dance.
Your loneliness in this dread hour
You deem is not within my power
to comfort or assuage, for you
Have sensed that I am frightened too!
And, linked by common bond of fear,
We breathe as equals, crouching here.

Your beltless pad has just gotten better.



NEW FREEDOM® introduces big pad protection without the bulk.

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It's not just beltless. It's better.

Discover the secure, comfortable shape. New Freedom pads have sealed ends to trap moisture inside. And rounded corners and tapered ends to bulge less, twist less, and give you a "no-show" fit.



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A Country Path in May

Plates shown smaller than life size. Actual diameter 9 inches

IN FINE ENGLISH PORCELAIN...

The Country Year

BY PETER BARRETT

A collection of twelve beautiful porcelain plates, each portraying the charm and color of the countryside in a different month of the year.

Each plate bears an original work of art and is individually decorated with pure 24 karat gold.

To be issued in limited edition.

Offered by direct subscription only, with a further limit of just one collection per applicant.

Subscription application valid until April 30, 1980.

The beauty of a mountain stream in autumn, or a country meadow dappled with summer sun, possesses an enchantment that is universal. And it is the rare ability to capture this unique form of visual poetry — the beauty of the ever-changing countryside — that has established the English painter Peter Barrett as one of today's most gifted landscape artists.

And now, for the first time in his career, Peter Barrett has undertaken the task of creating an entire collection of important new works for issue in a form particularly prized by collectors: a series of twelve beautiful *porcelain plates* portraying the entire panorama of the unspoiled countryside.

Each of these original works has been commissioned by Franklin Porcelain and created *exclusively* for 'The Country Year' porcelain plate collection. After it is completed, none of these plates will ever be issued again.

Each plate captures a different setting, a different month of the year

To encompass all the splendors of the countryside in its changing moods, each plate will depict a totally different setting . . . in a different month of the year.

The April plate, for example, conveys the loveliness of Spring from the perspective of a secluded bluebell bower . . . The adventurous spirit of May invites us to follow a quiet country lane . . . August brings us to a golden wheat-



Wheatfields in August



The Colors of Autumn in October

field, where poppies, daisies and thistles abound, and swallows swoop low in search of food . . .

For no detail, no matter how small, escapes Peter Barrett's eye. And yet, over and above their sheer beauty, these new works accomplish something even *more* extraordinary. Because each plate actually seems to draw the viewer *into* the scene.

Challenging to create . . . satisfying to own

By letting elements of his art burst out of the center of the plate and flow to its very rim, Peter Barrett has given these works a unique sense of depth and dimension . . . a feeling of movement and vitality that brings *life* to every scene.

Furthermore, because of the precision of Barrett's art, and the fact that he has used some twenty-five separate colors in every work, this is a collection as challenging to create as it is satisfying to own. Indeed, more than two years has been devoted to its preparation.

To provide full scope for Peter Barrett's artistry and vision, each plate will measure a full nine inches in diameter. The entire collection will be crafted of fine English porcelain, whose traditional richness and vibrancy are exceptionally well suited to dramatizing the subtle colors of his art. And each scene will be framed within a decorative circular border of *pure 24 karat gold.*

A collection to enhance any room . . . any home

Each of the twelve beautiful plates in the collection is a superlative work of art in itself. Together they constitute a gallery of fine art that is breathtaking. Displayed upon the wall or shelves of any room, these beautiful plates cannot help but enhance the decor of your home.

But the plates are being made available on a very limited basis. They will be crafted *exclusively for individual subscribers.* And a further limit of just one collection per subscriber will be enforced without exception.

Here in the United States, the collection will be issued in a single edition, available *by direct subscription only* — and only from Franklin Porcelain. One plate will be issued every other month, and the issue price is just $55 for each plate and individual wall hanger.

Because of the international interest in Peter Barrett's art, a second edition will be made available overseas, with equally stringent limitations. In the tradition of the finest porcelain, the collection will be available only until the end of 1980, at which time the subscription rolls will be permanently closed. To enter *your* subscription, you need send no money now. But please note that the application below must be mailed by April 30, 1980.



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The Country Year

BY PETER BARRETT

Valid only until April 30, 1980.
Further limit: One collection per applicant.

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Franklin Center, Pennsylvania 19091

Please enter my subscription for Peter Barrett's 'The Country Year' — consisting of twelve plates to be crafted for me in fine English porcelain.

I need send no money now. The plates are to be sent to me at the rate of one every other month, beginning in June 1980. I will be billed for each plate in two equal monthly installments of $27.50,* with the first payment due in advance of shipment.

*Plus my state sales tax

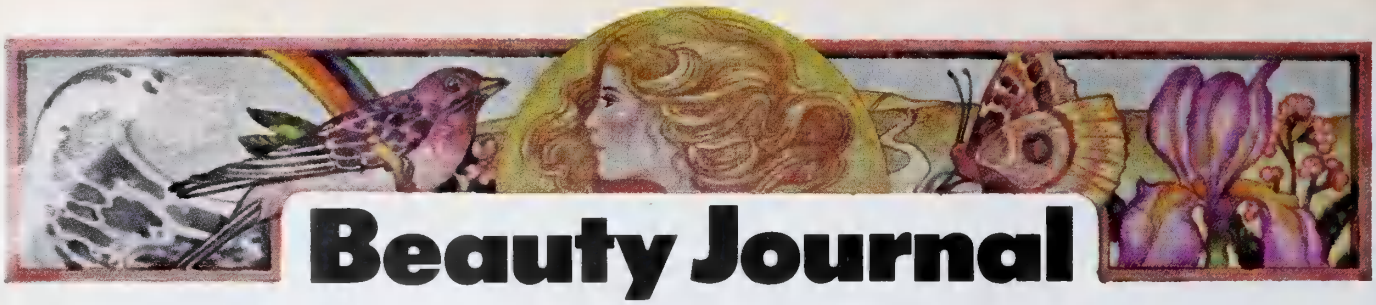
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Beauty Journal

Upbeat April—fresh looks at old tales, eye-openers, plus NEW spring beauty options.

SAY IT ISN'T SO

How many times have you heard your mother (or some other authority) tell you, "Don't do that because . . ."? We've gathered a few of those "old wives' tales" and here, publicly debunk them. ● "Fingernails can't breathe with polish on them." Nonsense. Polish can't suffocate already-dead nails. On the contrary, polish protects from drying effects of the environment. ● "Washing your hair every day will cause it to fall out." Daily washing makes it *clean*. That's all. What *can* damage your hair, however, is combing vigorously or brushing hair when wet. Be gentle. ● "Brush your hair 100 strokes a day for lustrous shine." Yes, heavy brushing makes hair shine by stimulating the oil glands of the scalp. But it also splits the ends of the hair shaft, pulls hairs out, causing damage. Much safer to massage scalp by hand. ● "If you shave your body hair, it'll grow back thicker and darker." Simply not true. The stubble might appear to be coarser because it's been "blunt cut". Normally, hair tapers on the end. ● "Exercise will make a woman's muscles bulge." It's not physically possible for a woman to develop weight-lifters' biceps. A man has the hormone testosterone, which allows muscles to grow in bulk; a woman has more estrogen, which inhibits thick muscles. "Pumping iron" will give a woman strength (for more on this, turn to our feature, page 112). ● "Gelatin makes nails stronger." No scientific proof of this. ● "One hour of sleep before midnight is worth two after." Quality of sleep counts, not time of night. It's important to establish a particular sleep pattern—and stick to it. ● "During her period, a woman performs badly in sports." The truth is, even in Olympic competition, women have won medals without regard to their menstrual cycle. According to a study at Princeton Univ., there's no real difference in performance that can be related to a woman's body function.

EXERCISE OF THE MONTH



Q. *I've recently taken up tennis, but find it's sometimes difficult to get to the ball. What can I do to get the "lead" out of my feet?—M.B., Freehold, N.J.*

A. Racquet sports *do* require a combination of speed, agility and strength. Jumping exercises will strengthen your legs; improve reaction time, balance and coordination, plus give you more stamina on the court. Here's an easy, fun, yet effective one. Stand, feet together. Jump as high as you can, bringing knees up to chest (as illustrated). Straighten up, land on your toes. Repeat 6 times daily.

HIS TRAVEL KIT

Something we've said before, but bears repeating: Men care about the way they look. This attitude doesn't mean "macho" or "sissy"—just a healthy male interest in looking well. And since he's now using special products for his hair and skin, you might like to lend a hand updating his trusty travel kit. *Basics* ● Travel toothbrush and toothpaste. ● Soap in waterproof container. ● Travel-size shampoo and conditioner, geared to his hair type. Remember back when men used a bar of soap to suds their hair? ● Travel-size shaving cream, such as Gillette (pick up during special promotions). ● Razor (disposables make sense). ● Styptic, to stop any nasty nicks. ● Moisturizer, to soften his dry eye area; to help his daily-shaved skin retain firmness, elasticity. ● Bronzer, to give a glow of health. Find one with a sunscreen. ● Small bottle of after-shave or cologne. ● Nail clippers, adhesive bandages, comb or brush. ● Sewing kit. *His* buttons fall off, too.

PICKER-UPPERS

Self-confidence is given a boost by knowing you look your best. Here, some new lifts, new ideas . . . ● Carrying one of the smaller handbags? Slip in a streamlined lipstick. Self-sharpening slant tip; in 15 shades, Maybelline Ultra-Slim, $2.25 each. ● A name you know (and love) for its gentle soap has gone into the shampoo business. Neutrogena's claims: simply pure and mild. 3-oz. tube, $3. ● Chanel calls dry skin "under-functioning"; has a treatment line to get it working up to par. Chanel Skin Care Collection, in travel sizes, $50. ● No fad. Eye pencils are here to stay. Now, hypo-allergenic in 8 shades. Choice: "Gentle Clover," a spring-y green. Almay Gentle Color Eye Pencils, $3.75 each. ● For painting the town—five sophisticated, shiny nail shades. Try "Marquee Red," dramatic blue-red. Cover Girl "Cityslickers," $1.30 each. ● Press the pump—out squirts creamy soap. One container holds 300 wash-ups (equals 5-8 bars). Good for kids' hands, too. Softsoap by Minnetonka, Inc., 9 oz., $1.59.

FOR WIDER EYES



Q. *My features are fairly well-proportioned—except my eyes. They're too "close set." Can you give me any makeup tips to make them seem wider apart?—A.L., Storrs, Ct.*

A. Apply a lightener (usually in "lipstick" or wand form) to the inside corner of your eye. Blend it against the side of your nose, extend up and around (above, left). Add eye shadow, emphasizing outside third of browbone to give an upward sweep (finished effect at right). Keep eyebrows tweezed so they begin no closer than the inside corners of your eyes. This open space creates a "wide-eyed" look.



Border by Julia Noonan. Illustrations by Margaret Brown.



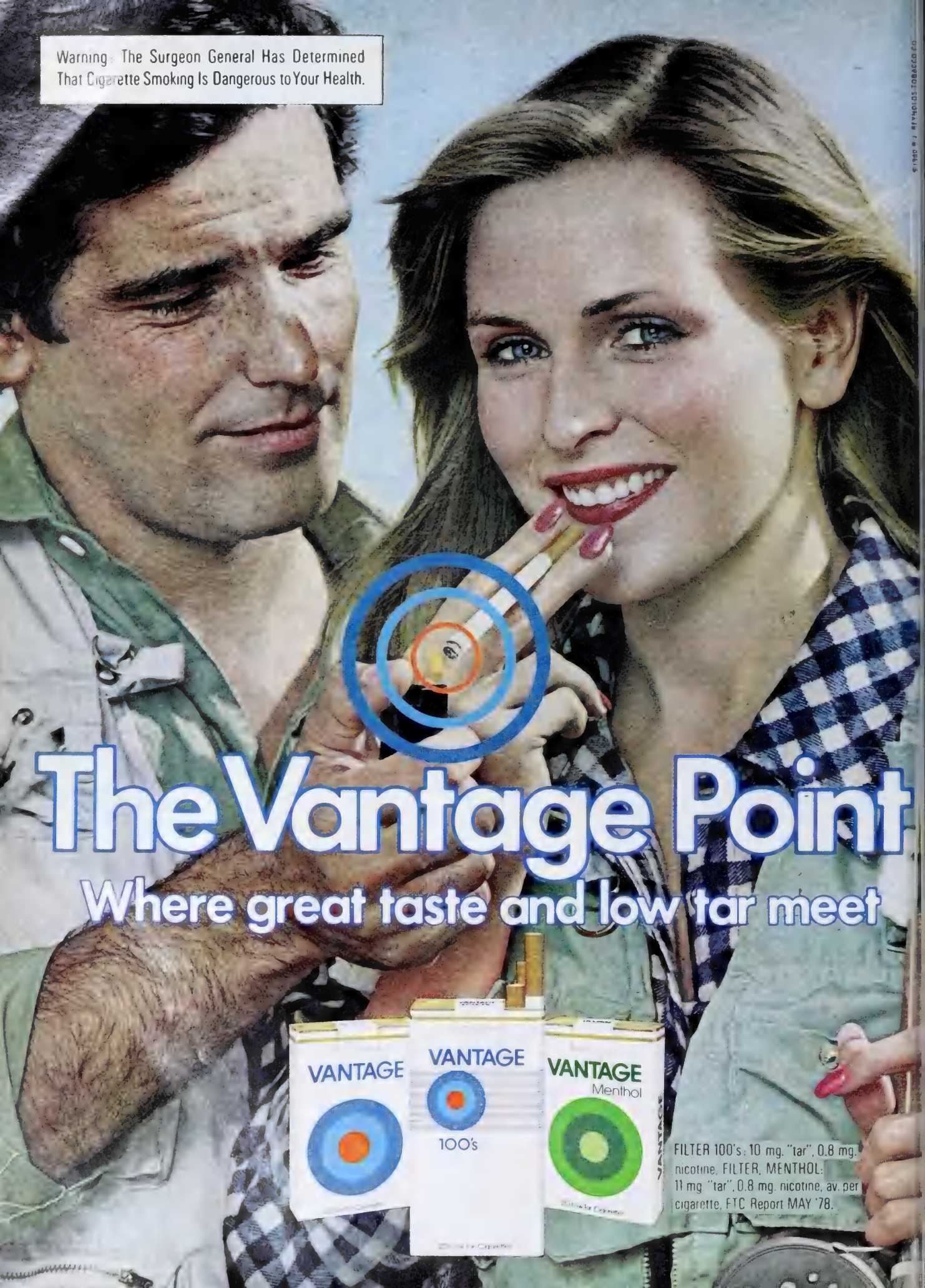
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FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

Jane Fonda



Whether you love or hate her, you probably agree she's a great actress. Now she runs an exercise salon—and, as usual, has new and controversial ideas about life and politics, children and fitness. By Louise Farr



In her Workout salon, Jane does "exercises for the people" with the class. "I'd keep fit even if I weren't an actress," she says.

The temperature is 91 degrees. It is an early Monday morning and Jane Fonda is lying on the floor at her new "Workout" health studio in Beverly Hills demonstrating "buttock tucks."

Earlier, Fonda had spied a roll of photography backdrop paper when she arrived at the leafy, brick-paved patio entrance of her new business venture.

"I won't *pose* for photographs," she had said irritably. "I won't do anything the rest of the class isn't doing." This statement would have seemed a fit of movie star temperament as much as a rather strange exercise in democracy if not for Jane Fonda's often-repeated remark: "I want to be like everyone else."

But, of course, she isn't like everyone else. And, of course, she can't be. Her political activist husband, Tom Hayden, describes her as being "a more important character than she'll ever play." Including the self-anointed one of "Just One of the People."

If Jane Fonda's recent movies, from *Coming Home* and *Comes a Horseman* to *The China Syndrome* and *The Electric Horseman*, have seemed, despite larger themes, to be self-congratulatory variations on "The Jane Fonda Story" (all her heroines seem to start out as rather naive characters who evolve into politicized Jane Fondas), the health studio is also very much a Jane Fonda story, created with her money and billed prominently in its brochures as "Jane Fonda's Workout."

"I've wanted to avoid focusing on me," says Jane placatingly and somewhat unrealistically. Showing her strong white teeth in a smile, she attempts to gloss over the previous outburst of annoyance, which would have done credit to Princess Margaret at her most imperious. "*I'm* not what's real," she insists. "I'm not going to be teaching here. So if this place succeeds, it will because of the teachers, not that it's Jane Fonda's."

"Well, if you have just one more minute . . ." pleads the photographer.

"I don't," replies Fonda briskly, hiking herself up and thanking the assortment of leotard-clad women who have been pulled, panting, out of the changing room after their class to join her so that Jane can look just like one of them. Jane disappears across the polished, bleached-wood floor, while the photographer takes off in the opposite direction to complain long-distance to his agent in New York.

"Jane Fonda's power mad," he mutters angrily as he leaves. *(continued)*

Photographs by Curt Gunther/Camera 5

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Jane Fonda

continued

A few minutes later, Jane returns to scrunch herself on a folding chair in the back of her salon. There, as she sits in her green leotard, earrings dangling, her enviable long legs protected by knit warmers, one marvels at the apparent contradiction of Fonda, political activist—outspoken in her objection to bourgeois, Hollywood values—turning body shop entrepreneur. Jane obviously doesn't see any inconsistency in the roles. She talks enthusiastically about how her conscience has extended itself from attacking the Vietnam War and "corporate heads and their money brokers," to "the aesthetic of broad bottoms." Still, in spite of a genuine commitment to fitness, the politicized actress's high-ceilinged, gleaming white, high-tech dance studio, with its mirrors and ballet barres seems—well—out of line with the Jane Fonda image. And yet, ever since she embraced radical politics in 1969, the press and the public have delighted in pointing up the seeming inconsistencies in her life.

She is, as everyone knows, Henry Fonda's daughter, raised in the rarefied world of servants and East Coast boarding schools. When she returned to Hollywood in 1960 to make her first film, *Tall Story*, gossip columnist Hedda Hopper accused her of being a radical because of her "uncompromising stand against matrimony." But Hopper had seen "nothing yet." Jane Fonda, Miss Army Recruiting of 1962, became the Jane Fonda who, in 1970, lay down on the floor of Fort Lewis in Washington and refused to move as a protest against the Vietnam War. Her father may have been a symbol of the all-American nice guy to his generation of film-goers. But Jane later represented to that same generation their over-privileged children, who had turned against them and their values. No surprise, therefore, that Fonda as health studio entrepreneur should raise a few eyebrows.

"Exercise for the people"

"It's marvelous," says an activist friend of hers. "Jane's sincerely committed politically, I mean, she really tries. But she's a movie star, and it's the sort of idea only a movie star who grew up in Hollywood could come up with. You know, 'Exercise for the people.'"

"I've had a sort of yen to go into business for a couple of years," Jane says. "I make all this money, see." She laughs apologetically. "I wanted to invest it in a business that would provide some kind of real service for people. I don't play the stock market or invest in huge corporations. I criticize them, so I'm not going to put my money in them. And I don't believe in real estate speculation. I went around saying, 'What do I know from business? There's nothing I understand businesswise.' Then it occurred to me that there's one thing I do know, and that's physical fitness. I've been involved in dance and exercise for twenty years. I've had to drive all over town to find good exercise and dance classes, so I decided to open my own—a place that had everything I'd always wanted under one roof."

If Workout succeeds, Fonda might consider opening a few more branches. But what she'd really like to do is open a string of honest auto repair shops. Not that she has any immediate plans. "I just feel sort of zen about it all," she says, tucking a loose strand of gold-flecked brown hair back into its ponytail. Articulate as she is when discussing political issues, Fonda occasionally lapses into an idiom that makes her sound suspiciously like those soft-headed Marin County residents caricatured in Cyria MacFadden's best seller, *The Serial*.

"No," she says, "I'm not involved in physical fitness to help keep people young." In fact, she doesn't think there's anything greater than "an older woman who's in touch with her body and not alienated from who she is," Fonda claims, adding that she doesn't "lay any trips" on her 11-year-old daughter, Vanessa Vadim, about how she's supposed to look. No, there is no masseuse yet at Workout. Partly a space problem, partly because she hasn't found one that she really likes. "But," she says earnestly, "I would love to see massage made possible for everyone in my vision of the future."

Fonda seems warmest and most accessible when she talks about her children. A film of self-protection drops from her eyes, as if she knows that no one expects her to be super-mother as well as super-movie-star and super-politico. But she's firm when she says that she's keeping Troy, aged six, and Vanessa as far away from the media as possible.

"Tom and I talk about it a lot," she says. "What it does to a family when you start to let people into the house. Then for the cameras, you re-create a family that makes you then think, what's real? I mean, it's very bizarre. It's hard to keep things in balance when you're famous. You'll never see my daughter smile at a [press] photographer—neither of my children like to be turned into props."

According to her mother, Vanessa "looks like a waif" most of the time. "A street urchin out of old England. She won't wear a dress or a skirt. She doesn't care about looking like a girl. I was exactly like that at her age. She's a tomboy, and more power to her. I'm disturbed when I see some of her girlfriends who are concerned about their hair and about style. I mean, my Lord, really. They learn so early to use their femininity to get what they want. I find myself playing on [male] vulnerability. *(continued)*



Jane Fonda
continued

too. And I really admire women who don't. I do it less than I used to, but more than some women I observe.

We're all walking examples. It doesn't matter what you say to children, it's what you *do*, for better or worse." She winces. "Sometimes I'm not too pleased about that. Vanessa comes with us very often to our political rallies and things like that, and she hears us talking about democracy and people's rights. Then I come home and I say, 'I don't care what you think, Vanessa, you're going to do this, this and this.' Then she puts her little hands on her hips, and says, 'I have my rights, too. What about democracy at home?' My kids won't let me get away with *nothin'*, and I think that's good. Of course, sometimes it really backfires on me. I've tried to teach my children the value of eating good foods. But sometimes if it's late and we're going to a movie, I'll suggest getting a hot dog there, and my daughter says, 'Oh, Mom, it's got nitrates in it.'"

And what about Tom? Where does he fit into the health food and fitness regime? Jane describes him with a smile as ". . . an Irish meat and potatoes kind of guy who should cut down on his meat." Is he likely to show up at Workout (it is, after all, co-educational)? "Well," says Fonda, "he wants it to succeed because he loves me, but he's not into this, no. He does a few push-ups. He lifts some weights. He recognizes the importance of it, but he doesn't like to become fanatical at anything."

Is Jane suggesting that she's fanatical?

"There's no question about the fact," she says, "that when you begin an exercise or dance program, if it's a good program, you feel better about yourself. Many people have said that—with varying degrees of fanaticism. You start feeling proud about your own discipline. I taught a dance class in Utah when I was filming there, and people would come up to me and say, 'I don't feel depressed, my menstrual cramps have disappeared.'" She catches herself, perhaps realizing that she sounds like an evangelist. "I don't mean to say that exercise will *cure* all problems . . .

Geared to secretaries

"In my mind, I always geared Workout toward secretaries," she says, her face straightening into its familiar earnestness. (Her concern for the plight of office workers has spilled over to her latest movie project, *Nine to Five*, with Dolly Parton and Lily Tomlin, which is about a group of secretaries who kidnap their boss and take over the company.) But almost as soon as Workout opened, critics pounced on its Beverly Hills location and its $5.50 per class prices. "I suggest three classes a week," says Jane. But at those prices the average Los Angeles office worker, whose median income was recently tabbed at $165 a week, would be hard pressed to keep up her payments. Some critics carp, isn't there a more valuable service to be provided than that of teaching secretaries to tighten their inner thighs?

Jane, of course, doesn't see Workout as narcissistic. And she doesn't see herself that way, either. Not that she's actually denying her narcissism.

"Constantly, I'm questioning myself," she says. "I don't pretend to be devoid of vanity, but I try to fight against it, and I do know that what's important to me is how I feel about myself rather than how I look to other people. I constantly fight against weight, and I don't necessarily have a good figure. I have to work for it, and I *do* work for it."

Despite all the self-discipline involved, "Workout" still seems uncharacteristically frivolous for a Jane Fonda venture. But perhaps Jane needs some frivolity. After all, just a few minutes away on fashionable Rodeo Drive, a store is doing a brisk business selling pink $29.95 "Jane Fonda for President" T-shirts. And the right wing Young Americans for Freedom group is about to send 50 representatives to wave American flags and parade in front of the Santa Monica frame house where she and her family live. Sporting "I'm not Fonda Jane" buttons, the YAF will hang a limp, bewigged, dummy Fonda after a mock trial that will find her guilty of dishonoring the American military, ignoring the boat people and supporting the Hanoi government.

It's not that long since the California Senate, with cries of "traitor," bumped her off the state's arts council. And if the Senate's move was later interpreted as being as much anti-Gov. Jerry Brown as anti-Fonda, it started a wave of "let's get Jane," the likes of which had not been seen since the height of her anti-war activities in the early 1970s, when she was denounced by Congress and officially "gray-listed" by the movie industry.

LULLABY TIME
By Mary Reeves Mahoney

Pondering happy milestones that the
future holds,
what I cannot foresee is you . . .
at twenty-three . . . or ten years old . . .
or even two. How will you be? What eyes?
How tall? Or dark or fair?
Cradled this moment in my arms is your
becoming,
programmed unchangeably within your
tiny hulk,
your miniature face, yet
there is no prefiguring you at all.
Mysterious sleeper, never mind.
Watching you flower is wonderment
enough.
You dazzle as you are this day, this hour.

Jane feels that much of her popularity or lack of it is prompted by "a media who distorts things and has helped create an era when people would rather see movie stars on the covers of magazines instead of politicians or serious people." But hasn't Fonda herself contributed to this trend by demanding cover stories through her public relations people?

"If they ask for a cover, that's their problem," she says. "There's a definite conflict, and I'm extremely uncomfortable with that contradiction, with making a movie, a good movie, but knowing that it has to be hyped if it's to make money. My eternal conflict is between the movie star and the political activist."

Encouraged to speak out

The press has encouraged her to become a spokesperson. They ask questions. She answers. And frequently she puts her foot in it. "She says really silly things," says a friend. "But she knows it. She's always saying, 'Oh, my God, did I really say that?'" Within the past year or so, she has compared Tom Hayden, whom she would like to see as president, to "visionary saints" like Martin Luther King; and has stated that there would be more "movies of vision and scope" if writers were willing to work for $100 a week, when she now makes a reported seven figures for her own movie roles. But she has also been unfairly criticized for refusing to share her feelings about her mother's suicide when she was 12 and away at boarding school.

"The press thinks there's something slightly inhuman about me," she says plaintively. "Frankly, I'd just as soon never do another interview in my life."

And yet, here she is, engaged in what can be construed only as a little "media hype" of her own. Promoting Workout as Jane Fonda's, getting the press there because of her name, but claiming that she is "not what's real."

Jane's enthusiasm for "Workout" has even extended to getting her children involved. She expects Troy and Vanessa to join the studio's kids' disco classes. "Vanessa likes the exercise class because she can do it. Like a lot of kids who have famous parents who are achievers, you find the children very often afraid of failing. They're very cautious about what they get involved in. I was like that with acting. I didn't want to be an actress because I was afraid of failing, and Vanessa's like that in more things than just acting. It will be a problem for her . . ." she catches herself, as if it would be disloyal to Tom if she suggests that her notoriety might be more of a weight than his. "Well, of course, Troy has his dad. Both children have heavy baggage."

Then again, growing up as a child of a star didn't drag Jane Fonda down, despite her adolescent fears. In fact, her life today attests to the fact that privilege isn't such heavy baggage. **End**

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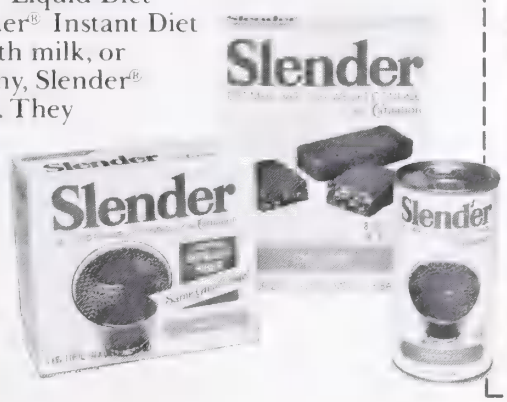
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Sarah Jane Anderson is an expert in health and fitness, nutrition and weight control. She received her master's degree in physical education from the University of California, Santa Barbara, has taught at Mt. San Antonio College, California, and currently conducts fitness classes in Beverly Hills, California. A popular public speaker, she is seen frequently on TV talk programs like the "Dinah!" Show.

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PHYLLIS GEORGE

UP, UP AND AWAY

The "girl next door" from Texas has become First Lady of Kentucky. Here, find out how the beautiful former Miss America survived a rough first marriage and career setbacks to move on to politics, motherhood-and a future that could make her one of the nation's best-known women. By Diane de Dubovay





Phyllis and her husband, Gov. John Y. Brown

Even as a little girl growing up in Denton, Texas, Phyllis George reveled in being the center of attention. "Attention—I love it!" the new First Lady of Kentucky exclaims with unabashed enthusiasm. "When I was just three years old," she recalls with a twinkle in her eye, "I can remember running up and down the aisles of the church, in my little burgundy velvet dress, during the minister's sermon, *knowing* I was cute."

As she grew into young womanhood, Phyllis continued to crave the spotlight. And most of the time she got it. Always pursued by legions of boyfriends, she was first a high school, then a college cheerleader, president of her class, homecoming queen, fraternity sweetheart, Miss Texas, Miss America 1971.

"As a little girl," admits Phyllis, "I liked to be stroked. I loved being told how pretty I was. My mother and Dad used to take turns combing my hair every night. . . so I got used to being pampered. I think anyone who does anything and excels at it, does it because he or she likes attention."

During her spirited, rather outspoken reign as Miss America, the contest was being hotly attacked by feminists. But rejecting the notion that she was being "exploited," Phyllis moved to New York City, using her $10,000 scholarship winnings as professional seed money. There, throwing herself into singing, dancing, acting and speech lessons (to smooth out her Texas drawl), she parlayed her national exposure into a lucrative television career—commercials, game shows and guest spots—earning a whopping six-figure salary. Before long, her TV-blitz approach attracted the attention of CBS television brass, who recruited Phyllis for her controversial role as America's first successul female sports broadcaster on *NFL Today*.

Not surprisingly, Phyllis's place in the limelight attracted both her husbands. Wealthy, Hollywood film producer Bob Evans saw her picture on a magazine cover and tracked her down by phone one weekend at her parents' home in Denton. Her present husband, John Y. Brown, the multi-millionaire Boston Celtics co-owner and brand-new governor of Kentucky, who made a fortune and created a legend masterminding the international franchising of Kentucky Fried Chicken, caught his first glimpse of Phyllis on an *NFL Today* broadcast.

Yet, despite her well-publicized marriages to two of the country's richest men, Phyllis is proud of the fact that she can pay her own way. When she divorced Evans, she moved out of their Beverly Hills mansion without taking a cent of alimony or community property. Similarly, when she married Brown, she was looking for a man who could match her own ambition, enthusiasm and success, someone who wouldn't feel overshadowed by her powerful personality or career. With three years still left on her $500,000-a-year contract with CBS, Phyllis currently has *(continued)*

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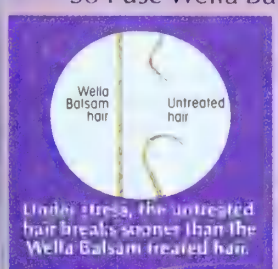
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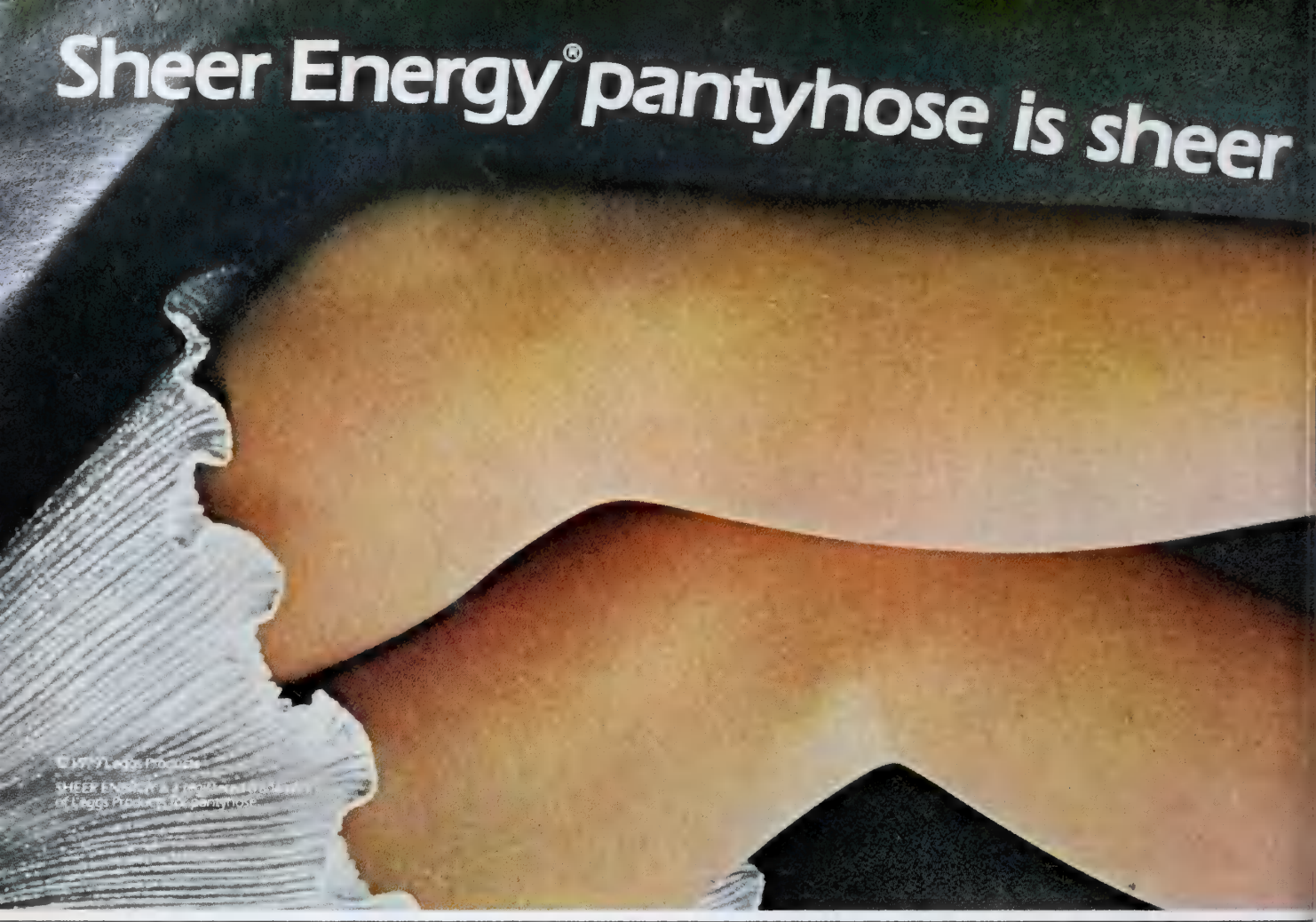
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You'll love your hair. Because strong hair is beautiful hair.







PHYLLIS GEORGE

continued

options to star in TV movies or a series of her own. She is also writing a women's motivational, self-help book for Simon and Schuster.

Talking with Phyllis George today in the airy, light-filled Manhattan apartment she has maintained since her New York days, she reflects on her life with a sense of awe.

"I can't believe that at thirty my life is like it is. I've always wanted a pear-shaped diamond," she says, modestly flashing a huge, blinding gem of unknown carat count, "and I got that. I wanted to fall in love with a Southern gentleman who was handsome and successful, and I have that. I wanted to live in a beautiful Southern mansion, and now I not only live in the Governor's mansion, but John and I just bought a big, white, Federal home of our own. And on top of everything," she beams, proudly patting her billowing tummy, "I'm pregnant. [The baby, her first, is due in July.] I'm thirty years old," she says glowing with happiness, "and I've got everything I ever wanted."

Yet just one and a half years earlier, Phyllis's life had nothing of the dream-come-true glow it has today. "They say bad luck comes in threes," she reflects. "Well, that's exactly what happened to me." In less than a year, her life was a shambles. And "the bads," as she refers to them, fell on her like sledgehammer blows in triplicate.

Her "ideal" marriage to playboy, producer, multi-millionaire Bob Evans—privately a disaster from almost the first month—collapsed; her *People* show for CBS television was canceled and she ended up flat on her back with viral pneumonia. Ironically, just as her marriage to Evans was disintegrating, a West Coast magazine showed her jogging through the gilded canyons of Beverly Hills in a cover article entitled, "The Sweet Life of Phyllis George Evans."

Legendary

When Bob Evans wants a woman, he is legendary for using his power and position to get her. The bait he used to entice Phyllis was almost standard procedure—the possibility of a Hollywood film career. To Evans's surprise, Phyllis politely demurred, explaining that she didn't mix business with pleasure. Still carrying a torch for his ex-wife, Ali MacGraw, who had walked out on him for Steve McQueen, Evans had publicly vowed that he would never marry again. But, stunned by Phyllis's refreshing sincerity, the mercurial producer pressed his pursuit and proposed on their second date. Two months later, they were married.

"My life looked sweet from the outside," Phyllis recalls. "But those eleven months I was married to Bob were the hardest of my life. I've never really talked about it before, because I was raised to be positive and not to discuss my problems. But for about three months after my divorce, I didn't know where to turn. Mentally and physically I was worn out because, besides all the emotional strain, during the year I was married to Bob I was commuting back and forth between Los Angeles and New York doing the *NFL Today* show. On top of it, nobody knew how I really felt.

"Sometimes I used to envy people who I thought were happily married, and then I'd hear they were separated or getting divorced. I had this beautiful home, I was married to a famous Hollywood producer, I went to all the great parties and premieres, I seemed settled and secure. I had help, which I'd never really had before. I had this glamorous lifestyle. . ."

Marriage empty and lonely

But the marriage was empty and lonely. Evans, a former actor and ladies clothing tycoon—handsome, suave and worldly—was a notorious womanizer. And while he could be protective and kind to his woman of the moment, as Ali MacGraw had discovered before Phyllis, Evans also was obsessed with his work. Marriage ran a poor second on his list of



priorities. Phyllis longed for the traditional fulfillment of children and a close-knit family. Evans, who already had a child by Ali MacGraw—Joshua, now eight—didn't want any more children. Phyllis simply wasn't getting the love or attention she had always craved.

To complicate the situation even further, life with a materially pampered but emotionally neglected Hollywood stepchild had its painfully unsettling moments. "Josh was a brat at first," Phyllis says frankly. "About a month after Bob and I were married, I got shot in the face with a rubber dart. Josh's attitude to me was, 'Oh well, it's just another one of Daddy's girlfriends.' But at seven he was coming to that age where he was learning to kick a football. So once he started watching me on television and his friends said, 'Oh, your Dad's married to a sportscaster,' he thought I was pretty neat.

"In time, he accepted me and I grew to love him. I hope I was a positive influence in Josh's life because his mother was going through her divorce with McQueen at that time and, when Josh learned his father and I were divorcing, I felt very sad for him. He said, 'Boy, I have *so many* mommies and daddies!'"

The question is, why did Phyllis, with her homespun values, marry the somewhat jaded Bob Evans? He had already been married three times.

Was she in love with him? "Not really," says Phyllis, who now admits she compromised herself in her first marriage. "I loved Bob because he's a nice person, but I didn't know what it was to be 'in love.' I was very sheltered. I came from Denton, Texas, as Miss America, where I had dated one guy for five years. Then I moved to New York and dated another for four. I'm a one-on-one person and it's hard enough to find that one person.

A chance to unpack

"At the time I met Bob, I was lonely, I was tired of traveling. Marrying Bob meant a chance to unpack my bags. I was twenty-seven years old. I'd been working for seven years. And along came this man who was charming and bright and stimulating. And frankly, it looked awfully good to me. I had no idea what his reputation was. And at that point I couldn't have cared less. You could have told me terrible things about him, but a Mack truck couldn't have stopped me from marrying him. I was *ready* to get married.

"And it's odd in a way. Bob is very kind. We were good friends. But we were never good marriage partners. The divorce was the right decision, though a painful one for me because of my background and religion (Methodist). My parents have been married for thirty-three years, and divorce wasn't in my plan."

After leaving Evans, Phyllis moved into a suite at a Los Angeles hotel, dated one or two men to relieve her loneliness, pondered future projects for CBS to whom she was still under contract, and felt miserable.

Phyllis's misery, however, was short-lived. Just a few months later, while attending a Hollywood charity benefit, she was walking up the stairs as John Y. Brown (whom she had dated twice two years before) was coming down.

"It was funny," Phyllis recalls. "John said, 'Hi, Phyllis.' And I just went, 'Bing!' And I thought, 'Now, why am I not with him?' Here was this wonderful man, the kind Mother had told me about, and he was interested in me. The timing was just right and all at once I knew it would be great.

"The first time I met John," Phyllis explains, "I wouldn't date him seriously because he was in the process of getting a divorce. And it didn't click."

But the second time around, after a whirlwind two-month courtship—privately chartered, jet-set tennis dates to Fort Lauderdale, Florida, where Brown owns a tennis club; basketball dates to Denver to cheer Brown's team, the Boston Celtics—Brown proposed. Within six months they were married.

"I was simply knocked off my feet," says Phyllis. "I felt like John and I had just met in high school. And you know, as *not* right as my first marriage was, this one with John *is* one

(continued)

hundred percent right. It's comfortable. Our values are the same, our religion is the same. We both come from the South. We're both lifelong Democrats. We both have the same makeup. We both love living in the fishbowl—where it's all happening. We could even pass for brother and sister."

Shunning second-marriage convention, Phyllis and John went all-out for a wedding that could have rivaled an epic Hollywood film production: a pre-nuptial dinner at New York's "21" Club, followed by a late-night bash at Studio 54, a traditional all-white church wedding performed by, fittingly enough, Dr. Norman Vincent Peale, the country's leading exponent of positive thinking, and a lavish, celebrity-studded reception.

The gala wedding was followed by a gala honeymoon saga, five days in the Caribbean at St. Martin, a week in Hawaii and another week in Bermuda. Four days into honeymoon Part I, John told Phyllis he wanted to run for governor of Kentucky. "Let's do it!" she said. And back they went to Kentucky, both of them exhorting the crowds to let John clean up Kentucky's political corruption, kissing and hugging their way along the campaign trail. Kentucky had never seen such a glamorous political duo—the couple share lifelong traits of competitiveness and a fierce drive to succeed. Despite entering the race late against nine other candidates, but with Phyllis's high-voltage support, Brown won by a landslide.

Dynamic, rugged and fit at 45, Brown is 15 years older than Phyllis. As a schoolboy athlete, he amassed 17 letters in football, swimming and other sports while averaging $1,000 a month on the side selling vacuum cleaners. Entering the University of Kentucky, where he obtained his law degree, Brown earned as much as $25,000 a year, selling encyclopedias. "Selling taught me how to talk. How to look a person square in the eye and close."

Later, Brown's entry into the fast-food business consolidated his reputation as a super-salesman, and earned him a personal fortune of $35 million.

Stood up under barrage

Brown's gubernatorial campaign was both exciting and mercilessly tiring—replete with mudslinging and vicious whisper campaigns instigated by the opposition. But Phyllis stood up under the barrage like a pro. "It's easy for me adjusting to the political life," she says, "because of my training—being Miss America, traveling in sports, meeting all kinds of people, learning to think and talk on my feet."

Yet while her fishbowl experiences helped put the polish on Phyllis's campaigning abilities, Kentucky's First Lady is not entirely unflappable.

A strong proponent of the Equal Rights Amendment, Phyllis organized a women's rally to advance her pet cause. When she finally stepped up to the speaker's platform, after weeks of hard work, she was excited to see a large turnout at the rally. But suddenly, heckling broke out in the back of the room, and within seconds, Phyllis was drowned out in a wave of protest and this time, however, the amazing élan that had gotten her through tough moments on the campaign trail simply burst.

"I just couldn't stop crying," Phyllis recalls. "It was towards the end of the campaign and I was exhausted. Even later that evening, at the ballet with my mother, I couldn't stop crying."

Though there *have* been times when Phyllis has attempted a more steely image—"I tried to be a tough New Yorker"—even her toughest critics would call her "nice." As Phyllis herself says, "me getting tough, would be like Twiggy trying to be Raquel Welch."

Phyllis experienced a similar weepy reaction when she and John came off the campaign trail and all the romance and excitement of those weeks had quieted down; she went to Kentucky and cried for two weeks. "Listen," she says, "it

(continued on page 50)



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So if you're on a diet, or thinking about going on one, be sure to take Femiron.



PHYLLIS GEORGE

continued from page 46

was culture shock. John announced for Governor right after we were married. Then suddenly, within six months, I was living in a strange state, where I had no friends, where the pace was much slower, and where I didn't even know where to buy toothpaste. The campaign was a real test for us. But we survived it. Politics makes you grow up in a hurry. During the campaign I saw poverty and people living in shacks. I saw people less fortunate than I. So once I stopped feeling sorry for myself and gave myself totally to our commitment, I thought, 'What a great opportunity to do something to help people.'"

Now, as First Lady of Kentucky, Phyllis has no intention of succumbing to the ugly traumas that have beset so many other political wives. "You look at Joan Kennedy," says Phyllis, "and you see what happens when you lose your privacy, when you succumb to the pressures of being in the public eye."

Key, own identity

The key, as Phyllis sees it, is having her own identity. "In the past," she observes, "political wives have been shoved into the background. You'd walk into a room at a political gathering and everybody would go straight to the husband and ignore the wife. This is particularly true of the South.

"But today, even in Washington, congressional wives are having seminars and learning how to create their own identity. I was lucky. I had mine before I became involved in politics. That's why I was introduced at every campaign rally as Phyllis George Brown. I love being Mrs. John Y. Brown, Jr. But I also want people to know that I am still Phyllis George.

Not a tea-and-coffee person

"I don't care whether it's on the local, state or national level," Phyllis insists, "the role of first lady has got to be redefined. I am not a tea-and-coffee person, and I never will be. I cannot play the role that other first ladies have played. For the most part they've been invisible. I will be the most visible first lady, not necessarily by doing a lot politically, but by pursuing my career.

"For example, I recently did *The Muppet Show* in London, and when it was broadcast in Kentucky, everyone was proud. And when I left Kentucky to take part in the 'Women of the Year Awards' in New York, which was telecast in January, or when they see the cover on this month's *Ladies' Home Journal*, they'll be proud of me again. You see? It works in a little cycle.

"One of the reasons my marriage works is because John lets me be free. He knows he can't change me and he knows I'm not going to walk behind him.

"And I realize, too, that there will be many nights when John won't be able to be at home with me, as I would like him to be. I know I'm going to be alone a lot. So I'll have my mother come down and stay with me, or my girlfriends, or I'll work on different projects. Right now I'm national chairman of the Special Olympics for the Handicapped."

This time around, even Phyllis's stepchildren seem to be a different breed. John has three children by his first marriage—Sandy, 13, Sissy, 14, and John John, 16. "When John told his kids that I was pregnant," Phyllis exults, "the little girls were so happy they started crying.

"If we have a little girl, we're going to name her Pamela, after John's sister, who was killed going across the Atlantic with her husband in a hot air balloon," Phyllis confides. Pamela was just 22.

"You know," says Phyllis, "there's an old expression, 'Love is growing old together.' And if you can keep that stimulation there while you're growing old together, marriage can be the most beautiful thing in the world.

"John and I have a very good partnership. We have good chemistry, and that's part of love, I think. My marriage now is tight. It's forever. And this time I'm truly in love." **End**

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1 chocolate coffee bean
1 black licorice lace, cut into 6 1-inch pieces

Grease and flour a 12-cup Bundt pan; line a cupcake pan with paper liners for 4 cupcakes.

Preheat oven to 325°F. Prepare cake mixes as label directs (two packages can be made together in large mixing bowl). Pour batter into cupcake liners, filling ⅔ full. Pour remaining batter into Bundt pan.

Bake cupcakes for 20 to 25 minutes and Bundt cake for 40 to 50 minutes or until toothpick inserted into centers comes out clean. Cool on wire racks.

If you don't have a tray or platter large enough, cover a large piece of cardboard with foil; tuck strips of waxed paper beneath cake before frosting.

Invert cake onto serving tray. Remove cupcakes from paper liners; frost only tops. Place one cupcake frosted-side against cake for the head. Stack remaining cupcakes, frosted side up, into center hole of cake.

Frost side and top of cake, using icing to round out body. Form snout by drawing icing down onto tray, over and in front of the cupcake to make nose. Smooth face with spatula dipped in water; use a fork to create body ridges. Insert candy straws into icing for quills. Place malted milk ball on cut side of marshmallow. Use dab of frosting on back of marshmallow to glue onto head as eyes. Use chocolate coffee bean for nose and licorice lace for eyelashes. **End**



Perky Party Cake

Delight young hearts of all ages with this fun-to-make critter cake. Pretty Pegeen (or playful Peter) Porcupine, created simply from pound cake and icing, bristles with yummy candy quills. A perfect birthday treat!

Photograph by Andre Gillespie



▲ Broccoli with Cheese Sauce



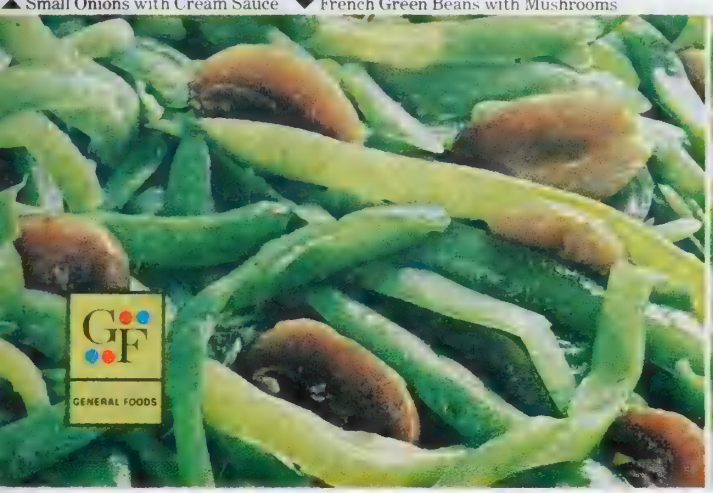
▲ Green Peas and Pearl Onions



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DANCING IN THE DAYLIGHT

You are married, settled, suburban. Could you possibly meet the man of your fantasies . . . in a *car wash*? A romantic short story by Mary Elmblad.

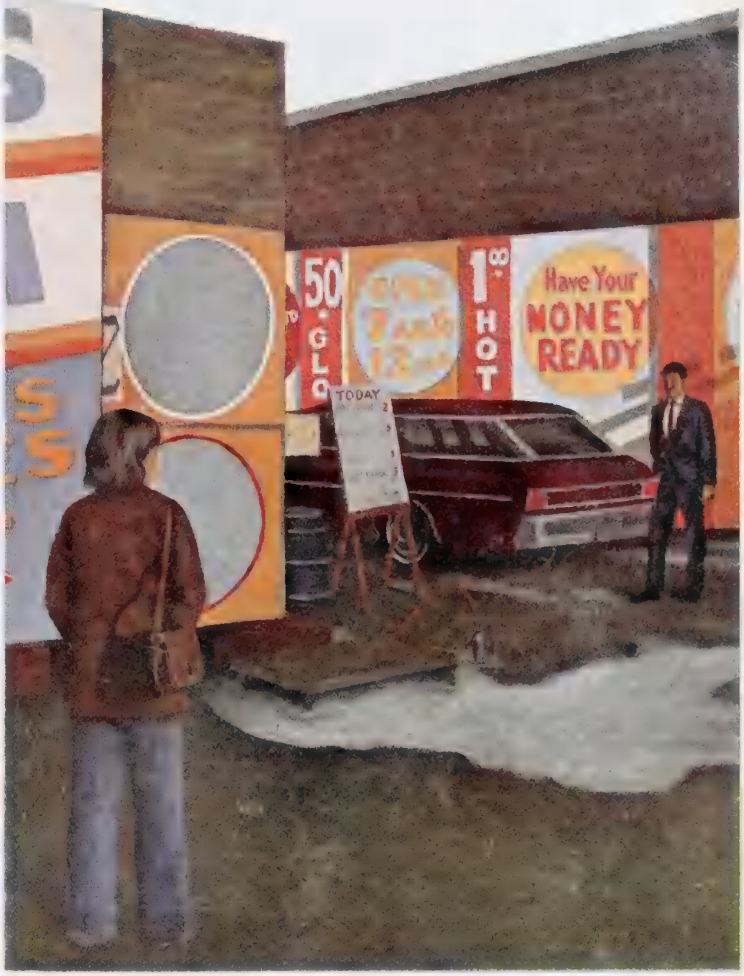


Illustration by Richard Mantel

Elizabeth Conley moves her station wagon forward one place in the line at the automatic car wash and switches off the engine. She drums her fingers on the steering wheel and tries not to grind her teeth. She is angry in a subtle, frustrating way because she has promised her husband that she will get the car washed on a day that is already as filled with dull little duties as Scarlett O'Hara's dance card was filled with Ashleys and Rhetts and Beauregards. She has promised Clark that she will go to the Speed-E-Wash, and he has, as always, weighted her promise with the heavy values of sacred oath—even this minor promise, which he has extracted by playing upon her known fear of machinery.

"You must get those brakes adjusted," he will say, or, "You have to get those tie-rods checked. I can hardly stay home from the office just to. . ." It never seems to be a chore important enough to require his expert attention, but it is vital, nevertheless.

Elizabeth is sure that Clark does not do it intentionally, but he implants in her mind a picture of the station wagon screaming out of control down a mountain road, hurtling over a cliff. The screech of rending metal, the explosive flames and finally, the feeble cries of the babies, uncomforted. And all of this has happened, of course, because she has neglected to have the car seen to. When she has promised.

But there are no babies now. The children are 18 and 20 and are away at college. They appear to Elizabeth only in dream-like weekend visits, trailed by strange and suspect new friends who may well be addicted to drugs, sex and anti-establishment thought. When they are home, they insist upon doing all of the driving, a pointed reminder to Elizabeth that she is not one of them, that she is no longer one of the young immortals.

Brakes Elizabeth can comprehend. Possibly even tie-rods. But how is it that Clark has convinced her that a dirty car is dangerous in some arcane way? A speck of dust enters an unseen but vital mechanism and the station wagon immediately screams its way down the curving mountain road, hurtles itself over the cliff. Flames. Babies.

Elizabeth starts the engine and moves the station wagon forward in line. Elizabeth is in a line, too. She is treading a well-marked path from girlhood to old age. She remembers Miss Multy's dancing classes for young ladies and gentlemen. A room lined with young people, boys plastered to one wall, girls to the other, as if some dread airborne disease hovered in the center of the room. On the walls hang big charts, like maps of troop maneuvers, to direct adolescent feet through the intricacies of the waltz and the polka, dances no self-respecting young person would ever do outside the confines of the dancing class. Giant footprints sliding and pausing through a welter of arrows and dotted lines. The diagrams worried Elizabeth, even then. Could something as free and alive as dancing be reduced to a diagram? "And-left-two-three, glide-two-three, right-two-three, turn-two-and-dip." The dips and glides were optional. Only the dips and glides.

Elizabeth edges the station wagon up to the white line and abandons it to a bored attendent who will forget to empty the litter bag. Elizabeth will empty it later, in the trash barrel at the supermarket parking lot. She is almost certain that the hamburger wrappers and dried, sticky milkshake cartons left over from the children's last weekend at home will not cause the station wagon to hurtle over a cliff, but she will take no chances.

(continued)

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DANCING IN THE DAYLIGHT

continued

Out of the car, Elizabeth straightens her tweed blazer, pats her stylishly short graying hair and clutches her leather handbag more firmly under her left elbow. She glances back at the station wagon apprehensively, as if she is afraid that it might try to follow her, mooching along after her like an oversized, uncontrollable puppy.

She dislikes the station wagon intensely. Even with power steering, she sometimes feels that the car controls her, that she is no more than a passenger in a machine that is obsessed with mountain roads and cliffs. She has tried to tell Clark that she does not need a station wagon now that the children are gone. It is too big. It is hard to park and its gas mileage verges on treason, but Clark likes to drive it on the weekends, to transport his golf clubs and to haul fertilizer for the lawn. She has wondered if there is a message in that. She dislikes the car, she is frustrated by Clark's stubbornness and she is angry with herself for giving in to him.

Now, Elizabeth loves her husband dearly. She loves her children. But she feels that even as Clark has increased in importance in his profession and her children have grown in stature and possibly even in wisdom, she herself has somehow been diminished. There are no great deeds in Elizabeth's life, there are no grand philosophies. There are no dips and glides. She spends her days following the dotted lines and the footprints through a forest of minutiae: shopping lists and calls to the furnace man; committees, dry cleaners, Speed-E-Washes. She is depressed by the nagging awareness that somewhere along the road toward acquiring grown children and a station wagon, she has misplaced her youth. Never again will she be a girl who throws back her head and laughs while her long hair streams in the wind of an open car.

Elizabeth plods into the building, into the long corridor that parallels the washing tunnel. Neat brown pumps, left foot, right foot. She peers through the windows of the tunnel and sees her car chained to a moving track, jerked forward, assaulted by huge soapy brushes. Its powerful engine is off, its potential for hurling itself over cliffs is gone. It is as helpless as a saucer committed to an automatic dishwasher.

She is suddenly lighthearted, a princess who sees the dragon's fearsome, flaming breath reduced to smog. She laughs softly, triumphantly.

She becomes aware that someone has walked into the corridor and that another car has been pulled into the washing tunnel behind the station wagon. A large sedan, hundreds of horsepower, diminished like the station wagon to a lifeless hunk of wet metal.

The owner of the car has stopped near her. With the quick sidelong glance she has developed to survey her children's new friends, she takes inventory.

A man. Tall, well-dressed, but in a suit one degree too sharp for Clark's taste. Black hair graying at the temples, full black mustache. Clear, bright cornflower-blue eyes. He speaks.

"I heard you laugh. You must be very happy this morning." He pauses. "Do you have a nice life?"

Elizabeth is confounded by his question. If he says, "Isn't it a nice day?" she can reply with the distant politeness of a suburban matron whose feet are firmly planted on diagrammatic footprints: "Quite." But his move is not on the chart for the waltz, and the cornflower-blue eyes are looking at Elizabeth, not at the matron. Nevertheless, he has asked a direct question, and in Elizabeth's canon a direct question requires a direct answer.

"Yes," she says, surprised at answering him and then surprised to hear her answer. "Yes. I do have a nice life."

"Why?" he asks intently, as if her reply will affect his own life, will shape his future. "What do you do?" *(continued)*

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DANCING IN THE DAYLIGHT

continued

Another direct question.

Another direct answer.

"I take care of my husband and the house, and there is my volunteer work, and the children come home from college and bring their friends, and—"

Elizabeth's voice trails off. She is not giving him a direct answer after all. She is describing the life of Clark's wife, of the children's mother, of the suburban matron. She is not saying anything about herself. She is not even sure that there is anything to say. She shrugs her shoulders, helplessly.

He looks away, but she has seen his eyes and she knows, too. He is the male equivalent of the middle-aged matron, standing solidly on the proper footprints. He has made commitments. He is involved with promises.

The station wagon and the sedan are jerked forward. In unspoken accord, Elizabeth and the man move forward along the corridor. Left foot, right foot. There is a sign. SPEED-E-WAX! WATCH THE WATER BEAD!

Nervously, Elizabeth tries to remember whether or not Clark wanted her to have the station wagon waxed. Will the SPEED-E-WAX keep the juggernaut under control, or is this the catastrophic mistake that will send it screaming down the mountain road and then hurtling over the cliff?

"I have to leave town today," the man says. "A business trip."

She makes a noncommittal sound, vaguely sympathetic, the sort of wordless comment that casual friends exchange. He nods, confirming her definition of their relationship. She watches the water bead on the station wagon, but she does not concentrate on it. She is interested in her feet, which appear to be doing a tentative shuffle, as if to escape the confines of their programmed footprints. A peculiar change is taking place. She feels younger, suddenly, and several pounds lighter. She touches her hair and is almost startled to find that it is still short and neatly cut. Somehow she expects it to be longer. Someone is stirring within her, a remembered self who sat and giggled and sipped shakes at a drive-in hamburger stand, a person who was an expert in flirtatious approach and withdrawal, in the rigidly patterned minuet of the young.

His feet appear to be moving, too. He looks down at them and then, quickly, at her. He steps lightly to his left, to lean against the plate glass window of the washing tunnel. He grins at her, slowly, as elaborately casual as a boy leaning on the fender of a 1950 sedan. He takes a coin from his pocket and flips it high, then dips as he leans forward to catch it. He flips the coin again, higher, and watches it fall as he speaks. "Why don't you come with me?"

His question does not surprise her. It follows the progression of the minuet. Her eyes glide toward him and then away, to watch the water beading. She becomes aware that she is bored with the polkas and waltzes of her life, with the station wagon and Clark's sacred promises and the children's unsuitable friends and the dry cleaner and the super market. Her feet move slightly, lightly, and she laughs. There are faint echoes of a giggle.

"All right," she says, almost meaning it, almost wanting to mean it. "All right, I will. Where are we going to go?"

His blue eyes widen and he laughs with delight that she remembers the steps of the dance. "Providence. I have to go to Providence, Rhode Island."

Elizabeth glides one step to the left and pauses, thoughtfully, as if to consider. "Providence. Rhode Island. Oh, dear. Paris, maybe? Or even San Francisco?" She shakes her head sorrowfully. "I have grave doubts about Providence, Rhode Island."

He throws his head back, laughing, and then he grins at her. His teeth are even and very white.

(continued on page 188)



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How to Fight with a Man You Love

If you're winning skirmishes but losing the war, maybe you need a new battle plan. Here, from marriage experts, the survivor's guide to putting up a good fight—without putting down your mate.
By Kate White

If there is one thing that nearly every couple discovers before long it is this: Where there is love, there is bound to be fire—at least some of the time. Even the happiest relationships are occasionally punctuated with good rip-roaring fights.

How *often* you fight—and the way you go about it—will vary, depending on your personalities and what's going on in your life together at a given time. Some couples can go for weeks or months without arguing but when they do clash, their battles may be hard and emotionally ravaging. Others engage in milder but more frequent skirmishes, and there are even those for whom a minor squabble is as much a part of the day as dinner.

Although frequent and unrelieved fighting can exert harmful wear and tear on a relationship, a certain amount is downright necessary and healthy. A fight is a chance to clear the air, relieve tension, work out a problem. However, as Dr. Bernard Guerney, Jr., a professor of human development at Pennsylvania State University and author of *Relationship Enhancement*, points out, fighting must be handled constructively. What you ultimately want to do, he says, is emerge with a solution in hand—one that is acceptable to each of you.

The first step toward more constructive fighting is to analyze past mistakes. Here are some common fighting patterns that trap even well-meaning couples. See if you can spot yourself.

The Dirty Fighter: Joe and Stacey don't set out to fight dirty. But as their arguments heat up, and they each get defensive, they begin hitting below the belt. (After six years of marriage they know where each other's soft spots are—where it *really* hurts.) Two favorite below-the-belt shots they resort to are the "gross generalization" and the "personal swipe." At a recent party, for instance, Joe was annoyed with the way Stacey seemed to monopolize the limelight, telling lots of stories about herself. As soon as they got home, he attacked: "You aren't happy, are you, unless you're the center of attention?" Stacey immediately jumped in with a few verbal blows of her own. "You're just jealous because people find you such a bore." Sometimes their dirty fighting includes references to each other's family members. ("You're just like your mother.") Though they soon reconcile, the sting from some of these cheap shots can last for weeks.

The Ambusher: Ambushing is when you sneak up on your spouse, take a shot while in hiding and then pretend you didn't do it. Melanie, for example, has been upset because her husband Peter's job is going nowhere, but she hasn't talked to him about it. Then one night, over dinner, she announced that her good friend's husband had received a terrific raise. Peter, immediately on the defensive, shouted, "I can't believe you said that!" Melanie looked dumbfounded. "What do you mean?" The fight quickly escalated. Ambushing also can take the form of freezing out your spouse and then pretending nothing's wrong.

The Double-Talker: Karen and Jason have the same fight over and over again. Their problem is that they have a tough time saying what they mean—they disguise larger complaints with insignificant or silly ones. Because they never reach the heart of the *(continued)*







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How to Fight

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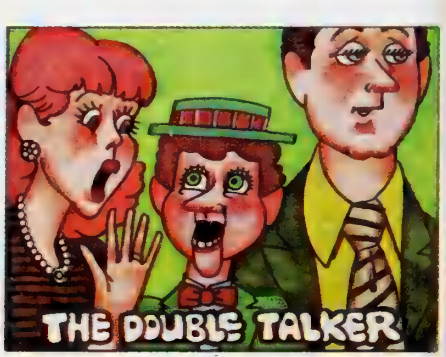
matter, they're soon back on the battlefield. Here's the scenario for a recent dispute. Karen informed Jason that she'd like to have sex more often. He was outraged: "What do you think I am, some kind of a stud?" Actually, it's not the quantity of sex that troubles Karen, but the quality. Although Jason tries to be a sensitive lover, Karen has a difficult time expressing her needs and therefore feels unsatisfied. They both end up angry—and frustrated—over this delicate issue.

The Scorekeeper: Tom is a scorekeeper. In other words, he remembers *every* mistake Susan has made in their marriage—every bad mood, angry word and spilled cup of coffee. Whenever she has a legitimate complaint, Tom counters with one of Susan's past sins: "Well, *you* don't always keep the bedroom so neat yourself," or "You certainly have been known to have a few drinks too, Miss Innocent." Susan now prefers to keep complaints to herself—and let them fester—rather than get hit with old, but deadly, ammunition from Tom.

The Shouter: Some couples never have an argument that it doesn't reach the higher decibel levels. Unfortunately, it's hard to catch the meaning of the words above the noise. There are also relationships in which only one person is a shouter—and this means that the other generally ends up cowering. Take, for example, Mary and Billy. As soon as something riles him, he starts shouting, instead of trying to figure out a solution. Mary doesn't shout back. Her response in these situations is inevitably the same: tears, and lots of them.

The Artful Dodger: Some people are so terrified of confrontations that they avoid one at any cost. This can mean plenty of frustration for the mate who has a legitimate complaint and wants to express it. Doreen's husband, Dave, is a typical nonfighter. Recently she was furious with him because he'd been coming home late from work a number of times and hadn't bothered to call. One night he turned up 45 minutes late, and Doreen—who was

(continued on page 66)



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How to Fight

continued from page 62

fuming—followed him into the kitchen, ready for battle. Though he, for the most part, is a mature person, he was so uncomfortable with her anger that he pulled a dish towel over his head.

How do you make your confrontations constructive, rather than destructive? How do you come up with that viable solution? Interestingly, all the couples discussed could work out their problems in the same way, because they are all making the same basic mistake: They aren't communicating their feelings clearly and honestly and they're not trying to understand what the other is really trying to say.

If your fights leave both of you devastated, the solution is twofold. You must each start peeling off the layers of your own words so that you can determine what your gripe really is and what you are really feeling. And then you must pay close attention to what the other is saying. You won't find a solution until you understand what you *both* want.

In Dr. Guerney's workshops on relationship enhancement, couples learn to do this by taking turns playing "expresser" and "empathizer." If you're the first person to state your feelings in a confrontation, you're starting off as the expresser, and your husband, who is doing the listening, is the empathizer. You then reverse the roles so that you both have a chance to speak your mind. Success, however, is contingent on more than talking and listening. You must develop sk for being a *good* expresser and a go empathizer.

How to express your feelings

Being a good expresser means und standing your feelings and expressi them clearly and honestly (and quietl without generating hostility or defensiv ness. The best way to come to grips w your feelings, of course, is to *think* abo them before you *speak*. Try, then, postpone your discussion for a few hou after it's been triggered, giving yoursel chance to cool down and mull things ov rationally. (Both Karen and Melanie ne some time alone to think about what really troubling them—and how best express it.) If you can't postpone a discu sion, at least take three deep breaths cool down.

You should also try to express yo feelings by using "I" statements rath than "you" statements. (Joe, for instanc should begin his confrontations wi Stacey by describing his own feelings—feel uncomfortable when you talk a lot parties"—rather than attacking hers "You're not happy, are you. . .") No ma ter how much every inch of you wants call your spouse a mealymouthed cree avoid insults, generalizations or assum tions about his motives.

Most of all, remember that you're tr ing to express *your* feelings. There m seem to be an awfully fine line betwe "I feel hurt" and "You hurt me," but can make a big difference. When you ta about *your* feelings it assists you in cry talizing those feelings. It's also less ch

continued on page 16



"Good morning, Miriam—and so on and so forth."

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PREMIUM LUNCH TIME



PREMIUM SNACK TIME

PREMIUM CHICKEN AND BROCCOLI BAKE

1 Keep Fresh Bag PREMIUM Saltine Crackers (40 crackers)
4 oz. mozzarella cheese, grated (about 1 cup)
1 cup small curd cottage cheese
1 cup diced cooked chicken
1 (10 oz.) package frozen chopped broccoli, thawed and well drained
¼ cup grated Parmesan cheese
1½ cups milk
4 eggs
1 tsp. basil leaves
1 garlic clove, crushed

Lightly grease shallow 2-qt. baking dish. Arrange 3 rows of crackers, slightly overlapping, using 7 crackers for two rows and 6 crackers for the third row. Sprinkle mozzarella cheese over crackers. Spoon over cottage cheese, chicken and broccoli. Sprinkle Parmesan cheese evenly over broccoli. Arrange remaining 20 crackers in 3 rows as above. In a medium bowl, beat together milk, eggs, basil and garlic. Pour evenly over baking dish. Bake in a preheated 350° F. oven 45-55 minutes or until set. Serve immediately. Serves 6.

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FLAVORS OF CHINA

This month we feature treasured Chinese recipes from a unique book that helps support Seattle's extraordinary and colorful Chinese Community Girls Drill Team. There's no reason there shouldn't be a community cookbook devoted to Chinese recipes, given the size of this country's Chinese population and the popularity of their food. But to our knowledge *Flavors of China* from Seattle, Wash., is one of a kind, so it is with special delight we offer samplings from its varied pages to a wider audience. At the *(continued)*





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Presenting the first bran cereal made with the bran of corn: Quaker Corn Bran.

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Corn Bran gives you the benefit of wheat bran, but every spoonful is bursting with the light, golden flavor of corn. And best of all, Quaker Corn Bran stays light, crisp and delicious even when you pour on the milk.

The benefit of bran.
The great taste of corn.

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Parents group supports team with cookbook.

same time, of course, we can salute the group that benefits from cookbook sales—the Seattle Chinese Community Girls Drill Team. Well-known in the Northwest and up and down the West Coast, the Girls Drill Team is a frequent participant in parades, festivals and exhibitions—much in demand for its colorful performances of precision marching.

A parents service organization, headed by Helen Kay, supports the drill team in many ways and it was they who published the cookbook we feature. Consisting of over 200 favorite recipes, ranging from Cantonese to spicy Szechwan, the book has broad appeal to both neophyte and expert Chinese cook. What particularly appealed to our taste was the totally uncompromising nature of the book—some recipes are easily assembled; others will take some shopping search—but that's part of the fun of cooking Chinese to our minds.



A group from the team lines up behind banner.

Ingredients for recipes we feature in this issue are among the easier ones to assemble, and all are delicious. Take the Mandarin Salad, for instance: cucumber, carrots, celery, cellophane noodles, green pepper, scrambled eggs, chicken and ham—eight ingredients slivered and layered, tossed with a spicy sauce for a dramatic and very colorful presentation. Quite simply one of the most unusual and delicious main course salads we've encountered. The recipe for Sweet and Sour Shrimp is a classic from this book, and the Walnut Chicken is so good and so simple, it should be in everyone's repertoire, combining as it does the slivered chicken breast with walnuts, mushrooms, bamboo shoots, snow peas, water chestnuts, onion and sauce.

Elsewhere in the book are more exotic recipes for seafood specialties, drawing on the bounty of the Northwest (China and Seattle, after all, share the same ocean), and unusual soups, pastries and desserts. This is certainly a book to read and study.

The Drill Team is now 28 years old and consists (in top strength) of some 70 girls ranging in age from 12 to 19. The team is the only one of its kind in this country (and possibly the world), and while their schedule is demanding, everyone on the team considers it a privilege and joy. Benefits are the frequent performances locally and all up and down the West Coast and occasional wider travel, as with two trips to the Far East in recent years. Drill Team uniforms are breathtakingly beautiful—each is handmade, consisting of nine separate pieces in intricate designs and including over 7,000 beads per uniform. Rhythm is maintained by a huge drum (shown in the photograph on the opening page), drawn by two members of the team and played by two others. Cymbals are carried and played infrequently.

Our visit was a fascinating experience, so it is with special feeling we offer readers the opportunity to sample the flavor and color of it by trying the recipes that start on page 72 and then ordering a complete book with the coupon provided on page 76.—JOHN STEVENS



Formation—all serious—from short to tall.

FLAVORS OF CHINA

continued

First five items pictured on page 69

WALNUT CHICKEN

2 whole chicken breasts, skinned and boned
3 tablespoons plus 1 teaspoon peanut oil
1 teaspoon cornstarch
¾ cup unsalted walnuts (or cashews)
½ teaspoon salt
½ cup chicken broth
½ cup sliced mushrooms
¾ cup sliced bamboo shoots
1 cup fresh snow peas
8 sliced water chestnuts
¼ cup sliced onion
½ teaspoon sugar
¼ teaspoon pepper
2 teaspoons soy sauce
1 tablespoon cornstarch mixed with 1 tablespoon water

Cut chicken in thin slices and mix with 1 teaspoon oil and 1 teaspoon cornstarch; set aside. Heat remaining oil in wok or fry pan. Add walnuts and brown in oil; remove with slotted spoon. In oil remaining in wok, cook chicken with salt over high heat until meat turns white. Add next 6 ingredients. Stir-fry for 2 minutes. Add sugar, pepper, soy sauce and cornstarch mixture, stirring constantly until thickened. Return nuts and toss. Makes 4 servings, about 335 calories each.

MANDARIN SALAD

1 cucumber, peeled and seeded
½ teaspoon salt
2 ounces cellophane noodles, soaked in water until soft, cut into 3-inch pieces
2 eggs, beaten
1 tablespoon salad oil
1 rib celery, slivered
1 carrot, slivered
1 green pepper, slivered
1 chicken breast, cooked and shredded
½ cup cooked ham, slivered
Sauce
1 green onion, minced
1 garlic clove, minced
2 tablespoons soy sauce
1 teaspoon red pepper, crushed (optional)
⅓ cup sugar
¼ cup white vinegar
2 tablespoons sesame oil
Dash of salt

Sliver the cucumber, sprinkle with salt. Let stand 30 minutes. Place in colander and remove liquid from the cucumber. Place cellophane noodles in 1 quart boiling water and cook 1 minute; drain in colander and rinse under cold water.

In small bowl beat eggs. In 7- or 8-inch skillet, heat salad oil. Add eggs and cook, stirring, until set. Cut into slivers.

Arrange on plate in layers, with cellophane noodles on bottom and then, in order: cucumber, celery, carrot, green pepper, egg, chicken and ham. Pour sauce over all just before serving and toss. Makes 4 to 6 servings, about 335 calories per 4, about 225 per 6.

Sauce: In small bowl combine all sauce ingredients until well mixed.

SWEET AND SOUR SHRIMP

1 egg, beaten
1 teaspoon salt
2 teaspoons sherry
1 pound shrimp, shelled, deveined and split
3 tablespoons flour
3 tablespoons cornstarch
Corn or peanut oil
Sauce
1 can (8 oz.) pineapple chunks, drained and juice reserved
⅓ cup vinegar
⅓ cup sugar
3 tablespoons soy sauce
2 tablespoons cornstarch mixed with ⅓ cup water
½ cup sweet Chinese mixed vegetables (optional)
½ green pepper, cut in chunks
1 tomato, cut in wedges

Mix egg with salt and sherry and pour over shrimp in medium bowl. Roll shrimp in mixture of flour and cornstarch. Heat oil to 375°F. for deep frying; cook shrimp until golden; set aside, keep warm.

Sauce: Combine juice of pineapple, vinegar, sugar, soy sauce and cornstarch mixture. Heat to boiling, add pineapple, Chinese mixed vegetables and green pepper; cook for 1 to 2 minutes, then add tomatoes for 1 or 2 seconds to heat. Pour sweet and sour sauce over shrimp just before serving. Makes 6 servings, about 185 calories each.—*Jane Lewis*

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SZECHWAN HOT BEAN CURD

¼ cup corn or peanut oil
2 tablespoons chopped green onions
1 tablespoon fresh ginger, chopped
1 garlic clove, chopped
1½ tablespoons hot bean paste
1 pound ground fresh pork
2 tablespoons sherry
1 tablespoon soy sauce
Water
1 square bean curd (about 1 lb.), cut into 1 × ½ × ¼-inch pieces
2 tablespoons cornstarch
¼ teaspoon Szechwan pepper (ground)
1 teaspoon sesame oil
1 green onion, cut into 1-inch sections, for garnish

In wok or large skillet, heat oil. Add chopped green onions, ginger and garlic. Stir-fry for 30 seconds. Add bean paste, stir-fry 30 seconds. Add ground pork, stir 1 minute; add sherry and soy sauce; stir 1 minute. Add 1 cup water and bring to boil. Add bean curd, stir lightly and return to boil. Cover and simmer; be careful not to let bean curd stick.

Mix cornstarch with 2 tablespoons water; pour into wok and stir quickly until thickened. Spoon into serving dish. Sprinkle with pepper and sesame oil. Garnish with green onions. Makes 6 servings, about 265 calories each.—*Dr. Isabella Yen*

OYSTER SAUCE BEEF WITH CHINESE SNOW PEAS

¾ pound beef flank steak, thinly sliced
1½ teaspoons soy sauce
1 garlic clove, minced
2 teaspoons sherry or rice wine
¼ teaspoon salt
½ teaspoon sugar
1 tablespoon cornstarch
Sauce
Corn or peanut oil
½ teaspoon salt
1 garlic clove, mashed
1 slice fresh ginger
1 small onion, sliced
1 pound fresh snow peas
6 water chestnuts, sliced
½ teaspoon sugar
2 tablespoons oyster sauce
½ cup water
1 tablespoon cornstarch mixed with 1 tablespoon water

In large bowl mix first 7 ingredients and 1 tablespoon oil; marinate at least 20 minutes.

In wok or fry pan heat 2 tablespoons oil. When oil is very hot, add marinated beef slices and stir-fry over high heat for 1 minute. Remove meat and juices to a bowl; set aside. Meat should still be rare.

Using same wok, heat 1½ tablespoons more oil. When oil is hot, add salt, garlic and ginger. Stir-fry until garlic is lightly browned. Add onion and stir-fry for 30 seconds. Add snow peas, water chestnuts, sugar and oyster sauce. Stir-fry 1 minute. Add water and cook another minute. Gradually stir in cornstarch mixture and cook until thickened. Return meat to pan and stir until well combined. Makes 6 to 8 servings, about 240 calories per 6, about 180 per 8.—*Lilyan Leong*

WON TON SOUP

Filling
½ pound shelled and deveined prawns or shrimp, minced
½ pound fresh pork, minced
2 green onions, finely chopped
4 water chestnuts, peeled and finely chopped
4 Chinese mushrooms, presoaked 30 minutes and finely chopped
2 tablespoons soy sauce
½ teaspoon salt
¼ teaspoon sesame oil (optional)
1 pound won ton wrappers
6 cups chicken broth
½ cup Chinese greens, chopped (bok choy or napa)

In large bowl combine all filling ingredients and mix well. Place about ½ tablespoon filling in one corner of won ton wrapper. Fold this corner over wrapper ⅔ toward the opposite corner. Seal by putting tiny dab of water on the right-hand corner and bringing it to the left-hand corner. Drop won ton into boiling water and cook 4 minutes or until pork is done. Remove won ton and blanch in cold water.

To serve: Heat chicken broth to boiling. Add won ton and continue cooking until heated through. Garnish with Chinese greens, if desired. Makes 12 servings, about 70 calories each.

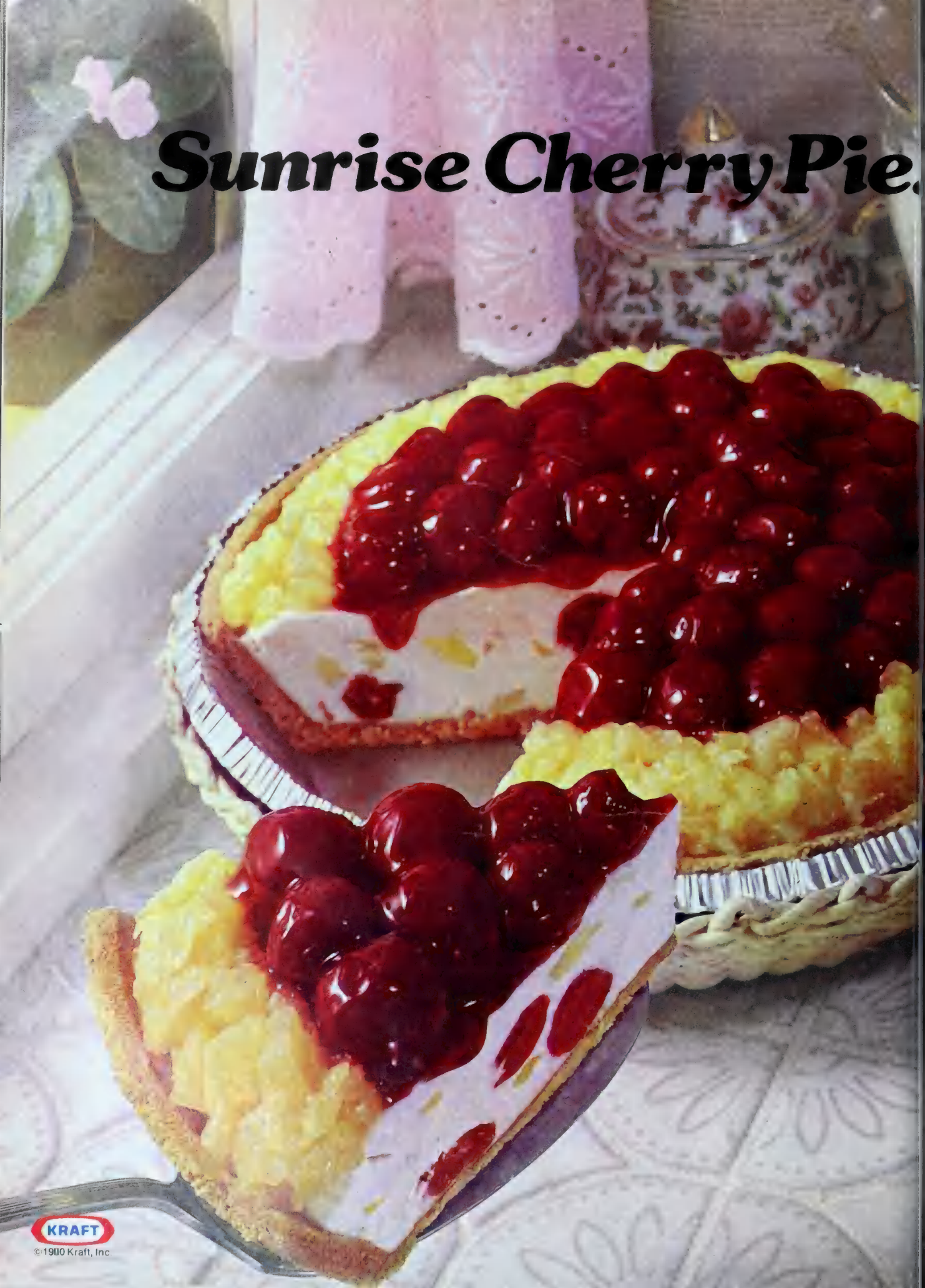
(continued on page 76)



HAM WITH GINGERED PINEAPPLE

5 lb. canned ham
1 can (15-1/4 oz.) DEL MONTE Sliced Pineapple In Its Own Juice
1/4 cup sugar
1 tsp. soy sauce
1/2 tsp. ground ginger
1 Tbsp. cornstarch

Bake ham on rack in roasting pan at 350° F., for 1-1/2 hours or until thermometer registers 140° F. Blend juice from pineapple with sugar, soy sauce, ginger and cornstarch in saucepan. Cook, stirring until thickened. Twist pineapple slices and arrange on ham. Brush sauce over pineapple and ham. Bake 30 minutes longer, brushing with remaining sauce after 15 minutes. Serve with DEL MONTE Whole Green Beans and Cashews. And Sautéed Carrots with Green Pepper and Water Chestnuts.



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Sunrise Cherry Pie

- 1 8¼ oz. can crushed pineapple
- 1 8-oz. package Philadelphia Brand cream cheese, softened
- ½ teaspoon vanilla
- 1 21-oz. can cherry pie filling
- 1 cup heavy cream
- ¼ cup confectioners' sugar
- 1 6-oz. Johnston's graham cracker Ready-Crust pie crust



1. Drain pineapple well, reserving two tablespoons syrup. Combine softened cream cheese, vanilla and reserved syrup, mixing until well blended.



2. Stir in ¼ cup pineapple and ½ cup pie filling.

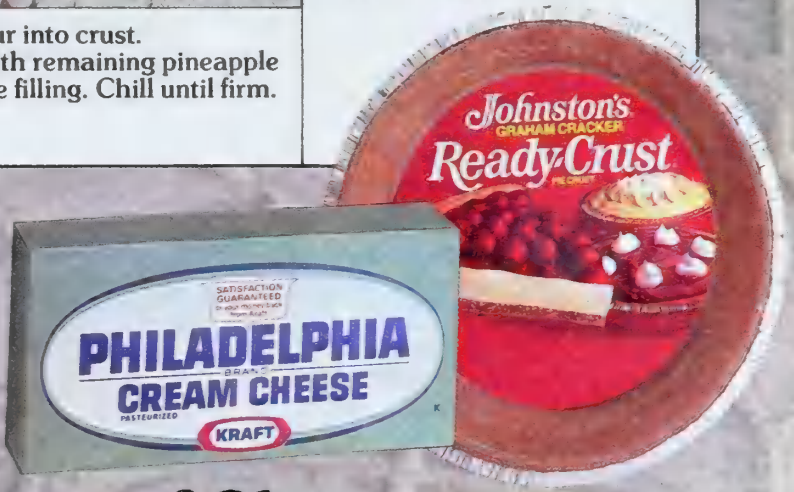


3. Gradually add sugar to cream, beating until soft peaks form. Fold into cream cheese mixture.



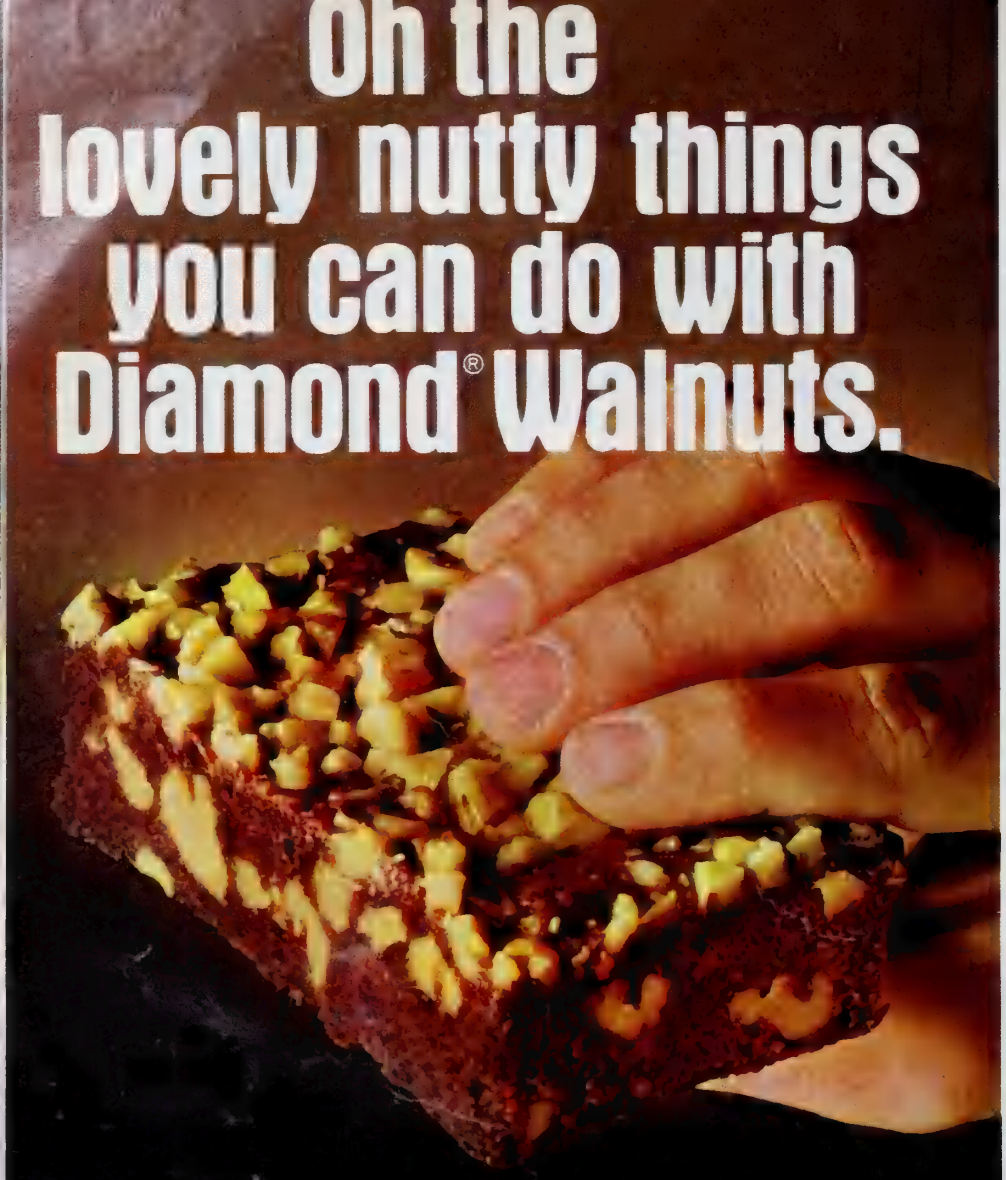
4. Pour into crust. Top with remaining pineapple and pie filling. Chill until firm.

Make the dreamiest pie you've ever tasted with the cream of cheese, Philadelphia Brand cream cheese, and Johnston's graham cracker Ready-Crust pie crust. Sunrise Cherry Pie, simple to make and guaranteed to shine up your most special meal. Who'd have dreamed it was so easy?



The Cream of Cheese.

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Crunchy Diamond Walnuts and chocolate syrup give these moist brownies a rich new taste.

Chocolate Syrup Brownies

1 cup Diamond Walnuts
1 cup sifted all-purpose flour
¼ tsp. baking powder
½ cup soft butter or margarine
¾ cup brown sugar, packed
1 large egg
1 tsp. vanilla
1 can (5.5 oz.) chocolate syrup

Chop ¾ cup walnuts coarsely; remainder fine for tops of brownies. Resift flour with baking powder. Combine butter, sugar, egg and vanilla; beat well. (Mixture will appear slightly curdled.) Stir in chocolate syrup then flour mixture. Add coarsely chopped walnuts. Turn into greased 8-in. square baking pan; spread level. Sprinkle with finer walnuts.
Bake at 350° F. about 50 min., until top springs back when touched lightly, and pick inserted in center comes out clean. Cool in pan. Cut into squares or bars to serve. Makes 1 (8-in.) square.



FLAVORS OF CHINA

continued from page 73

CHICKEN DELIGHTS

Marinade
1 tablespoon Hoisin sauce
1 tablespoon soy sauce
1 teaspoon sugar
2 green onions, finely chopped
½ teaspoon sesame oil
2 chicken breasts, skinned, boned, cut into small pieces
½ pound sliced bacon, halved

In shallow dish combine all marinade ingredients. Add chicken, cover and refrigerate for 3 to 4 hours. Cut bacon strips into thirds. Wrap a strip of bacon around each chicken piece and secure with toothpick. Place chicken on rack in broiler pan. Broil until bacon is crisp, about 5 minutes. Turn, broil other side until crisp. Makes about 27 appetizer servings, about 60 calories each.—*Lowman*

CHINESE ALMOND COOKIES

1 cup lard
1 cup shortening
1¾ cups sugar
2 eggs
2 teaspoons almond extract
1 teaspoon vanilla extract
4½ cups unsifted all-pupose flour
2 teaspoons double-acting baking powder
1 teaspoon baking soda
¼ pound blanched whole almonds, halved
1 egg, beaten (for glaze)

Preheat oven to 350° F. Grease 2 large cookie sheets; set aside.

In large mixer bowl with electric mixer at medium speed, cream lard, shortening and sugar until light and fluffy. Add 2 eggs and extracts and continue beating until well mixed, scraping sides of bowl occasionally. In medium bowl combine flour, baking powder and baking soda. Gradually add dry ingredients to creamed mixture; continue beating just until well mixed. Dough will be dry and crumbly. Roll dough into 1-inch balls. Press a half almond in center of each ball. Brush top with beaten egg. Bake 20 to 25 minutes. Makes 5 dozen, about 130 calories each.—*Tami Leong* **End**

Flavors of China contains over 200 recipes on 202 pages. This soft-cover, spiral-bound book includes Cantonese, Szechwan, Peking and old classic recipes seldom found in print. To order your copy, send $6.50 (includes postage/handling) to:

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In our March issue, the Pope addressed the following issues: **Women as leaders in business and government**. The Pope believes that women should have equal opportunity in industry and politics, and admires those who have reached positions that were once the domain of men. **Women priests.** In accordance with "Catholic tradition" he does not foresee a time when women will be ordained Catholic priests. **Women in the executive leadership of the Church.** As women cannot be ordained priests, they also cannot become bishops or cardinals—this, of course, bars them from becoming part of the hierarchy of the church. **The phenomenon of working women.** Family integrity cannot be hurt if women work, the Pope said, as long as their obligations at home are met. **Birth control.** The Pope stood firm on the Church's ruling that artificial contraception is a violation of natural law. He mentioned that the rhythm method of birth control is sanctioned by the Vatican and that love does not always have to be expressed in sexual ways. **Marriage and family.** He is alarmed by the sharp increase in divorce and cohabitation, and cautions women against being caught up in this trend. **Concluding remarks.** Women frequently set the moral tone for society, Pope John Paul said, and he urged them to use this enormous influence.



Conversations about the Pope

Last month, in the Journal's "Conversations with the Pope," His Holiness spoke out on the subject of women. Now, some prominent Catholic women speak out on his views.

By Jacqueline Grennan Wexler

Last month, The Journal *published reporter Peter Dragadze's conversation with Pope John Paul II. The Pontiff's words were supportive and encouraging on the issue of equality for women—in careers, in government, in the home. His observations provide meaning, even comfort, for women of every faith.*

Yet, His Holiness remains firm in his insistence that a woman may not be ordained as a Catholic priest. This is a position that stirs controversy among women of the Church—and is of relevance to all women. It reflects the broader attitude that has thwarted their acceptance on equal terms in all the institutions of their lives.

In this month's issue, Jacqueline Grennan Wexler, a former nun and prominent member of the Church, interviewed seven women—four lay and three religious. While each respects the authority of the Pope, they hold widely diverging views, ranging from almost total agreement to sharp disagreement with the Holy Father's thinking. Their responses reflect considerable depth of thought and sincerity. Women in all walks of life will find meaning in their sensitive and honest statements.

PATTY CROWLEY

Patty Crowley and her late husband, Patrick, founded the Christian Family Movement 30 years *(continued)*

Jacqueline Grennan Wexler, twice a college president, was also a nun for 19 years. She obtained dispensation from her vows after the Vatican refused to discuss a major policy decision with the Women Religious who were the trustees of the college. Still a prominent member of the Catholic Church, she is also a government and corporate consultant, a wife, adoptive mother and the grandmother of twins.



"Sure I wanted a microwave oven, but I had no place to put it."

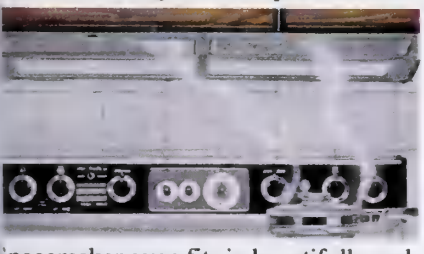
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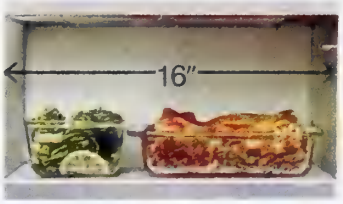
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Now that I am a single woman, I am aware of the problems of women living alone. I now tell married couples how insensitive they are to single women—as the Church is.

Women priests

I went to two conferences on the ordination of women and was thrilled with the caliber of women there. But there is still a tremendous amount the ordinary Christian has to learn on this subject. The Pope is the one who ought to start changing people. There would be great hope if he had left open the question of women priests, if he had agreed to study it.

Women in the executive leadership of the Church

Women were a very important part of Jesus' life. The masculine church became a rigid institution, around the third or fourth century. With the emphasis on the celibate clergy, they became obsessed with the sex thing.

MOTHER SIXTINA

Mother Sixtina is the superior of a German Franciscan community serving the Church in hospitals, orphanages, schools and parish work in Alton, Illinois.

Women working

As long as women are able to fulfill their primary responsibilities to their families, they should be equally free to work. I would ask the same thing of men.

Women as leaders in business and government

We have a saying in Germany, "The man is the head of society, but the woman is the neck." The neck moves the head. She shouldn't try to be on top. We are growing more sensitive to one another's needs, but such changes don't happen overnight. When I started to drive a car in Germany in 1952, I was the first nun behind the wheel. All heads turned. Now every nun in Germany drives a car. I think things like these take a great deal of time to change.

Birth control

Natural abstinence requires self-control. With *(continued)*

Conversations about the Pope

continued

ago. In 1957, the couple received the church's *Pro Ecclesia et Pontifice* medal in recognition of their work.

Birth control

I was a member of the Vatican birth control commission in 1968 that urged the Holy Father [then Paul VI] to revise the ban against contraception.

In preparing for the commission, we surveyed Christian Family Movement members on the rhythm method of birth control. The responses showed the heartaches involved in abstinence. It was inhuman. God couldn't possibly ask that of couples. These were people who already had seven and ten children and were still following the Church teaching.

The majority of the theologians on that commission said that birth control was not intrinsically evil. The doctrine could be changed. The Pope didn't really listen to the majority of that commission. Now nobody is listening to what the Church says about contraception.

Women working

The Pope seems to understand the phenomenon of women working better than some priests. He does support equal pay, but he has to admit that it doesn't happen today. I don't think he's asking men to be very understanding of what women are asking for.

Marriage and the family

I've always thought the Church could do so much more to stress the positive aspects of married life. The important thing in my marriage was our developing each other's talents. The self-centered part would go if everything you did helped develop your partner.

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GENERAL ELECTRIC

Conversations about the Pope

continued

artificial contraception, the couple wants the pleasure without accepting the responsibility.

Women in the executive leadership of the Church

Women have now become part of the Sacred Congregation for Religious and Secular Institutes and there might be other areas in lay organizations and diocesan offices where they could have such positions. It has already started.

JANE HART

Jane Hart, the widow of Phillip Hart, the long-term Democratic Senator from Michigan, is the mother of eight children. She has been an activist for social justice, against the Vietnam war and a supporter of equal rights for women.

Women priests

I certainly disagree with the Pontiff's position. I think tradition is more of an excuse than a basis for policy-making. Some people, perhaps even he, have pointed out that there were no women present at the Last Supper. If one were to carry that out to its final conclusion, one would have to say that no woman should ever receive communion.

I am asking only for openness on the question. A proclamation in favor of ordination would be a political error and would create division in the Church. A change of this nature demands patience—and the time to re-educate the community and its leaders. I learned a lot about the patience of educating, of bringing people forward, from my husband.

Women in the executive leadership of the church

I know of no woman in the Church who is in any way a part of the executive management of the Church itself. The women who run the individual institutions are all subject to a bishop or some male authority figure.

When the Pope stressed, during his visit to America last fall, that Mary's role was that of a handmaiden, I thought, "Here we go again, a bunch of waitresses in an ecclesiastical stag club." I think the rigid commitment of the male hierarchy to celibacy has something to do with this. There are no married persons in the executive management of the Church.

Women as leaders in business and government

Women in great positions have always had to be a little more understanding of men. That's a man's problem. I find offense from a man or from a woman very hard to swallow.

Marriage and the family

To make general rules strictly from theory is dangerous. That is the greatest weakness in our hearing advice on marriage from people who have never lived it—and are forbidden to consider it. Learning to be a husband, a wife, a mother, a father, is on-the-job training.

Birth control

The rhythm method was a marvelous way for me to have children, every one of which I wanted. When I felt our family was large enough, this [the uncertainty of the rhythm method] made our family situation very tense. None of us knew the reason for the tension until I gave up the rhythm method. Only then was I, as they say, free at last. For those who are trying to live with the Church-approved method of birth control, it is, well, impossible—emotionally destructive.

Concluding remarks

I think Pope John Paul is going to have a great deal of trouble dealing with a plural society like ours, rather than the one he grew up with. I don't know how you get a message to a Pope. In the past, priests who have tried have been thrown out. My children go to Mass and practice birth control with no sense of guilt; that may be the emerging trend. The lay people may walk away with the Church and leave the Pope and the bishops behind.

SISTER LORA ANN QUINONEZ

Sister Lora Ann Quinonez is the executive director of the Leadership Congress



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of Women Religious and reports directly to Sister Teresa Kane. (Sister Kane made world headlines last fall, when she publicly exhorted the Pope to include women in all the ministries of the Church.)

Women working

Giving and caring for life is the vocation of both parents. To keep assigning it to women is degrading to men and perpetuates the myth that women are identified with and confined to the enclosed sphere of the home. Then also, by implication, men are identified with the public, the larger sphere of the world.

Pressure is put on the woman to make her whole life center around the home and then she is found wanting as an interesting, informed, involved person.

Women priests

I'm always impressed by the quote from Galatians which says, "There is neither Jew nor Greek [Gentile], there is neither bond [slave] nor free, there is neither male nor female: for ye are all one in Christ Jesus." In the early years of the Church, the clergy was faced with the Jew-Gentile question and had to come to a clear decision. It was a traumatic shift of mindset category and definition. We reached the 19th century before we were willing to say that slavery was wrong. Battling with the male-female part of that quotation is as traumatic in our time as the other two were in theirs. We've come to see tradition as a reality.

Women in the executive leadership of the Church

If we looked carefully at the priesthood, we would discover that very few of the duties the clergy performs require ordination. There is no prohibition against lay people, including women, being involved in the policy-making functions. And it is very frightening for any majority group to let a minority group in on the power.

Our Church says some beautiful things about the need for participation, the need for dialogue, about the royal priesthood. But unless everybody knows how to get his or her voice heard, how to get access to those channels, then dialogue and participation remain theoretical.

EILEEN FEENEY WIRTZ

Eileen Wirtz, the mother of eight children, lives in Kansas City, Missouri, and works on the staff of a local newspaper.

Characteristics of women

The Pope's comments on the differences between men and women are generalized and probably due to programming. Martin Luther King was a peacemaker and I know women who are war makers.

Women working

I was surprised and really pleased by the Pope's attitudes. Most of the large American Catholic families, which have resulted from the Church's teaching, can't be supported on one salary.

Women priests

All my life male priests have told me that the priesthood is a call from God. I believe we should open it up and find out whom God is calling. It would be essential, however, to spend some time educating the faithful before acting. One of the big disasters of Vatican II—which did so much to liberalize the Church—was that it was implemented before it was fully explained.

Birth control

There are other ways of showing love, but people can't abstain forever, and I don't think they should be asked to. Sex is a source of strength, of comfort, a way of getting put back together again emotionally.

The hierarchy of the Church has insisted on the words "artificial" and "unnatural" when condemning contraception. We inject germs into our blood and call it immunization. People died before scientists discovered that "artificial" technique. Contact lenses, steel skulls, plastic hipbones are "unnatural." They enable people to function.

Decision making in the Church

When our seventh child was ready for first communion, our pastor told us we could delay preparing him for confession. New insights in psychology had led theologians to see that children understand love before they understand *(continued)*



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a. Prepare whipped topping mix as directed on package (using 1 cup milk and 1 teaspoon vanilla) in large mixing bowl. Add remaining 1¾ cups milk and pudding mix.

b. Whip, then beat at high speed for 2 minutes, scraping bowl occasionally.

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Conversations about the Pope

continued

guilt. By the time our eighth child was ready the Bishop had reversed his opinion. But we knew our child. We signed up for preparation for first communion and ignored confession. Knowing how children develop makes all the difference. The hierarchy is removed from that. It needs help in making decisions.

JOELIE PEHANICK

Joelie Pehanick, of Alamo, California, is the mother of six children. She has been actively involved in the Right to Life [anti-abortion] movement for the last eight years.

Women priests

I try always to ask, "What did Christ intend for his church?" He had the 12 apostles with him at the Last Supper. In his time, his actions transcended tradition—his conversation with the women at the well, for instance. Women were very important in his public life. I definitely feel that he would have somehow indicated it if he wanted women priests.

Women working

It is very difficult to work an eight-hour day with possibly a two-hour commute and come home and really devote quality time to your family when so much of your energy is outside the home.

Also, the traditional role of wife and mother lends a softness to the household. When a woman goes out into the business world, she's likely to become more aggressive and have less patience with her children.

Birth control

I can't make judgments on those who quietly practice birth control and remain communicants. I would like to see a reevaluation of their stand. In California, there's a lot of vocal justification for this.

I'm convinced God doesn't ask more of you than you can take. Discipline and control are good qualities. You might compare [sexual] abstinence to giving up food for world hunger or eating very little one day a week during Lent for a higher purpose.

To say "thy will be done" in the Lord's prayer and then take the pill or use a diaphragm is really saying, "Not this part of my life, Lord. We'll control this part."

SISTER IRENE GARVEY

Sister Irene Garvey is the Superior General of the Sisters of St. Dominick of Amityville, New York, and president of the Leadership Conference of Women Religious in New York State.

Women working

My mother had to work. Physical presence is important, but love is more important. She was working with my father in the post-depression years to keep the family together. I never wanted for her love and affection.

Women priests

I would not approve of any woman seeking ordination contrary to the Church's present position. We have to be faithful to the leadership of the Church. But that doesn't mean we can't question it. *The Church and the Modern World*, an early 1960s Vatican teaching, says that "discrimination based on sex is a violation of fundamental human rights." The Church teaches that principle and then seemingly moves to a position which denies it, at least as we understand it.

I have seen many Church traditions change. I never want to lose hope, but I guess I don't see women priests in my lifetime because it's a new idea. When, however, it is argued that I have no natural resemblance to Christ because I am a woman, that gives me a lot of pain. The scripture says that Jesus became like us in all things, and to me his gender is less important than his humanness. I share that humanness.

Women in the executive leadership of the Church

Women Religious, as part of their ministry, frequently perform the duties of permanent deacons, yet the permanent deaconate is denied to women.

Concluding remarks

I don't really believe that women alone set the moral tone. Morality depends on collaboration between men and women to meet the problems in their home life and in society. **End**

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"I'm Lucky to Be Alive"

By Letitia Baldrige

as told to Suzanne Wilding. This dynamic woman was always a fighter. Here is the story of her most courageous battle against the deadliest enemy of all.

As I left my doctor's office and walked down New York's Park Avenue, I knew the world had changed. It all looked normal enough—the sun shining, doormen whistling for cabs, people walking dogs, children going to school—but it wasn't, not for me. I had just become a statistic: one of 114,000 Americans stricken by colon cancer each year.

How could this be happening to me—someone who seemed to have it all? I had been social secretary to two ambassadors (David Bruce, in Paris, and Clare Boothe Luce, in Rome), head of Jacqueline Kennedy's staff at the White House and a *Time* magazine cover girl. I had written six books and a newspaper column; I was the president of my own successful public-relations firm. But all that was no good to me now. I had cancer—and only a 45 percent chance of survival.



"That's me on the left, with President and Mrs. Kennedy at a state dinner in the early '60s, and here's how I look today."

But I felt so well

It all began rather suddenly, back in the fall of 1978. I remember a delightful November day in San Francisco, cool but sunny; I had just updated *The Amy Vanderbilt Complete Book of Etiquette* and was autographing copies at Macy's book department. It was the last leg of a three-month promotional trip for my publisher, and I felt fine—except for a touch of diarrhea. I assumed it was just some little bug I'd picked up in a water system during all that traveling.

I suppose I had always taken my health pretty much for granted. I am big, blond and not thin; they used to call me "the six-foot commando from the White House." My energy is inexhaustible; I thrive on crises and am an expert at juggling my business and family life. Still, no official trip with President and Mrs. Kennedy in France, Mexico or Colombia had ever been as hectic as that tour for the book.

I spent all day on my feet: greeting people, giving speeches, signing books, answering questions, being gracious—smile, smile, smile. Though it had been 15 years since the Kennedy White House era, people were still curious. "What is Jacqueline Kennedy *really* like?" interviewers would ask. Or, "What do you *really* think of the books about President Kennedy's sex life?"

Meanwhile, I had to try being wife, mother and business executive via long-distance telephone. When I wasn't plugging my book, I was calling New York: my husband, Bob Hollensteiner; our two children, Clare and Malcolm; and my public-relations firm, Letitia Baldrige Enterprises. I'd grab any chance I could—a booth on a city street, a wall phone in the wings just before I was due onstage, the push-button model on a TV producer's desk, with only minutes to go till air-time.

And still, surprisingly, my stomach trouble persisted. I tried to see my doctor, John Postley, during a quickie trip to New York, but he was teaching a special course at Columbia-Presbyterian Hospital and couldn't give me an appointment. That didn't stop me from flying out to Los Angeles for the book promotions: *Tonight* with Johnny Carson, Merv Griffin's show, and two other TV and radio appearances.

When I returned to New York in December, I finally spoke to Dr. Postley. He jumped to attention when I told him I'd had mild diarrhea for three months.

"Tish, I'll see you at my office tomorrow morning at 7:30."

"Can't it wait till after Christmas?" I asked. "It's no big deal."

"Tish, I'll see you tomorrow."

I was a little alarmed at his insistence, but when I went to his office I was much more worried about being on time for an upcoming business meeting on Wall Street.

Dr. Postley gave me a rectal examination. "Tish, there's something there," he said. "Get dressed; I *(continued)*

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Lucky to Be Alive
continued

want to talk to you about it." My meeting was scheduled in exactly eight minutes, and all I could think about was that I was going to be terribly late.

"There's a dark mass in your colon," he told me. "I believe it's malignant."

"Doctor, you must be kidding. You can't tell if there's a malignancy there; you've got to do a biopsy."

"I know what I saw," said Dr. Postley, "and you should be prepared for it. I want you to see a surgeon immediately."

I sat in his office and listened, but I couldn't come to grips with the fact that I had cancer. I felt so well. On that whole trying trip, my energy had never flagged. I had followed a schedule no 20-year-old athlete could have surpassed, and now this. . .

Somehow, I got myself out of Dr. Postley's office and onto a subway train. I still had a meeting to attend, and en route to Wall Street I went over in my mind how to break the news to my public-relations clients. I wondered if they would cancel our firm's contracts. In the board room that morning, during the talk of profit percentages, I was thinking of only one percentage—a 45 percent survival rate from colon cancer. And so it went, all day long. I kept my appointments but my brain was whirring like a computer, listing the things I must do to set my house in order.

The next day, I went to see Dr. John Whitsell, a noted surgeon at the New York Hospital. "Of course we won't operate without first having the result of the biopsy," he said, "but once we have it, we will have to go in and remove that large mass in the colon."

Dr. Whitsell, economical with words (an understatement!), explained that if the rectum was involved, it would have to be removed. He would then perform a colostomy, creating a permanent opening for the intestine in the lower abdominal wall. But that, I felt sure, was not going to happen—no plastic bag for me. I just knew he was going to open me up and take out the cancer, and that would be that.

The doctor wanted to operate right away. But since Clare, my daughter, was coming home from boarding school that night to spend Christmas with the family, we set the date for December 26.

I am sure other people have had an occasional bad Christmas, but mine was a pipperoo. I had told no one except my husband and my office staff. The kids were not to know that the situation was so serious. Malcolm was only 11, and 13-year-old Clare had a house guest—a friend from boarding school. So we went through a regular New York Christmas: too many parties, too much to eat and too many gifts to wrap.

Mostly, I was too busy to break down—getting the office ready, checking my will and all the while averaging three hours sleep a night. Once, though, after I'd called to cancel out of a board of directors meeting, I put down the telephone and burst into tears. And in church, too, there was time to cry as I knelt during Mass, wondering if God listens to you harder in His own house.

I had bought a flying angel, blue and white gingham with curly blond hair, as my Christmas present for Clare Boothe Luce—former boss, great friend and Clare's godmother. But in the hectic week before the operation, I decided that no one needed an angel more than I did. So I bought one for myself, too—red and white polka dots, with a smile in the shape of a heart.

I think we got it all

After Christmas, I checked into the hospital. The next three days were sheer hell—almost worse than the surgery itself. It was all so undignified. They made me swallow things and then took pictures. They started in with the enemas and never seemed to stop.

At first, I was in a semiprivate room with three other women. Though one of my roommates became a special friend, sometimes I longed for solitude. When each of the TV sets was tuned to a different program, for example. Or when the place was full of visitors—and cigarette smoke, too. Finally I found a sign in the hall and hung it on our door: "OXYGEN IN USE—NO SMOKING IN THIS ROOM."

After the operation, when my insides started acting up, I was moved into a private room. That's $385 a day—one large hunk of money when you're in the hospital a full month and your insurance covers only a third of the cost. (We will be paying the bills into the next century.)

On the day of my surgery, though, money was the last thing on my mind—all I wanted was to stay alive. After seven and one-half hours in the operating room, I woke up to a marvelous blur of faces, among them my big, handsome red-headed brother, Bob, and my big, handsome husband. Was I ever glad to see them!

Minutes later, feeling as if I had been in a terrible auto wreck, I made out Dr. Whitsell's face. The question had to be asked.

"Am I a member of the plastic-bag set, Doctor?"

Dr. Whitsell nodded. "Sorry. It had to be done."

Then he added, "I think we got it all." Those were the most important words anyone has ever said to me.

Then and there, I resolved simply to accept the plastic bag. When you consider the alternative, wearing it doesn't mean a blasted thing. I'd had a tumor the size of a small grapefruit; it had to go. Now it *was* gone and I was still here, very much alive.

I didn't like the intravenous feeding—that thing dripping into my arm—but it went on for days. With tubes coming out of every part of my anatomy, I really looked terrible. So bad, in fact, that when my niece, a 26 year old, stuck her head in the door to say hello, she reacted by bursting into tears.

At that stage, though, looks didn't matter; it was a great achievement just to get out of bed. My I.V. bottle went along, of course, hung on a huge pole that was mounted on rollers. On my first venture outside the room, I met other patients with similar escorts. Some gave names to their poles—"Waltzing Matilda" or "Fred Astaire"—and before long we were having competitions to see who could make it down the hall fastest.

(continued on page 92)



"Question: How much wine went into the Beouf Bourguignon?"

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I have read and understand the official rules of entry. Allow 2-3 weeks for delivery.

OFFICIAL RULES

To enter, print your name, address and zip code on official en form, or on a 3″×5″ piece of paper and mail with a Fruit of the Lo logo, or the words "Fruit of the Loom" on a plain piece of paper. PURCHASE NECESSARY.

Enter as often as you like, however, each entry must be ma separately. Entries must be received by September 30, 1980. Li one prize per family.

Winners will be randomly selected from all entries received Sales Aides International, Inc., an independent judging organizati whose decision will be final. Winners will be selected by October 1980, and will be notified by mail. All prizes will be awarded. odds of winning depend upon the number of eligible entries receiv

Taxes on prizes, if any, are the sole responsibility of the winne Prizes are non-transferable and are not redeemable for cash. Tr must be taken within one year of notification.

For a list of winners, send a stamped, self-addressed envelope Fruit of the Loom Winners, P.O. Box 627, Jenkintown, PA 19046

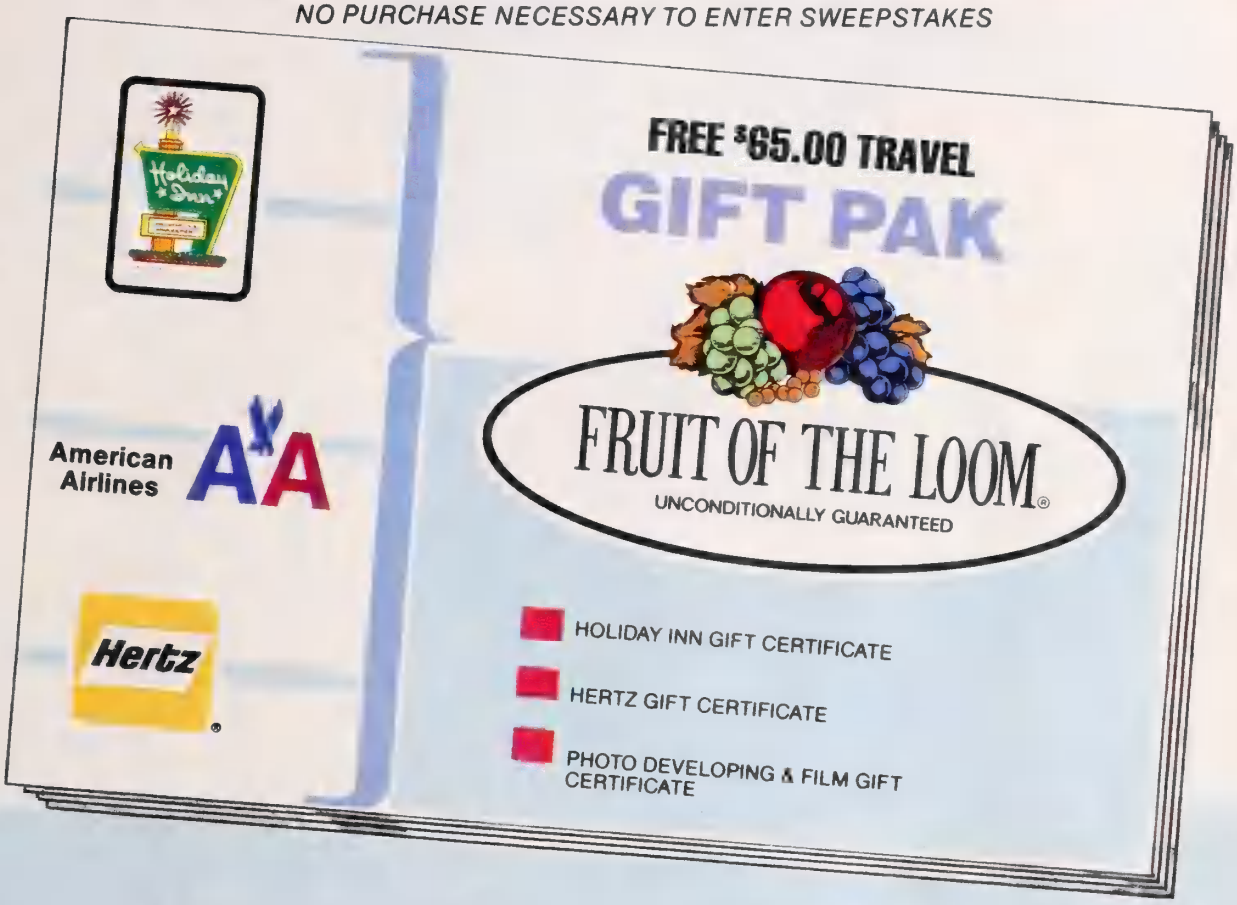
Sweepstakes drawing is open to legal age residents of the co nental United States, except Missouri and wherever else prohibi or restricted by law. All Federal, State, and local laws and regulatio apply. Offer void to employees of Fruit of the Loom, their licensee agencies, judging organizations and their immediate families.

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Fruit of the Loom has had a winning reputation for more than 125 years for quality merchandise at attractive prices with an unconditional money-back guarantee.

And now, to show our thanks, we are making every Fruit of the Loom customer a winner in our gigantic Travel Giveaway.

Just send us a Fruit of the Loom logo and $1.00 to cover postage and handling, and we will send you our Fruit of the Loom Travel Gift Pak free with over $65.00 in valuable certificates.

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The underlying secret of a great pizza.



It's the crust!

And there's nothing like a crust made from Bisquick® baking mix to guarantee an incredibly delicious homemade pizza.

Thanks to over 45 years of baking experience, you can also be sure that pizza made with Bisquick will taste so good that the only leftovers will be an empty pan.

So next time the family wants to grab a pizza, grab the Bisquick.

EASY DEEP-DISH PIZZA

3 cups Bisquick® baking mix
¾ cup water
1 pound ground beef
½ cup chopped onion
½ teaspoon salt
2 cloves garlic, crushed
1 can (15 ounces) tomato sauce
1 teaspoon Italian seasoning
1 jar (4½ ounces) sliced mushrooms, drained
½ cup chopped green pepper
2 cups shredded mozzarella cheese (about 8 ounces)

Heat oven to 425°. Lightly grease jelly roll pan, 15½ x 10½ x 1 inch, or cookie sheet. Mix baking mix and water until soft dough forms. Gently smooth dough into ball on floured surface. Knead 20 times. Pat dough on bottom and up sides of pan with floured hands. Or roll into rectangle, 13 x 10 inches, and place on cookie sheet; pinch edges of rectangle, forming ¾-inch rim.

Cook and stir ground beef, onion, salt and garlic until beef is brown; drain. Mix tomato sauce and Italian seasoning; spread evenly over dough. Spoon beef mixture evenly over sauce. Top with mushrooms, green pepper and cheese. Bake until crust is golden brown, about 20 minutes. 8 servings.

High Altitude Directions (3500 to 6500 feet): Heat oven to 450°. Bake 15 to 20 minutes.

Look for other great recipes on the back of every Bisquick box.

Bisquick. Something good always comes of it.™

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Lucky to Be Alive

continued from page 89

When I finally got rid of the I.V. and could begin to eat again, it was an event worth celebrating. I decided to attend Mass in the hospital chapel, which seemed like miles from my room. I refused a wheelchair and walked the whole way, hanging onto the walls for support. Yes, it was excruciating. But then I saw some of the other people in the chapel—victims of awful automobile accidents, patients who looked three-fourths dead; by comparison, I could have gone out and played in a tennis tournament. From that moment on, I stopped feeling sorry for myself and paid attention to the Mass.

After two weeks, I started to put on makeup. I still hurt a lot, but looking at myself in the mirror made everything hurt even more. My complexion is so light that I've always looked deathly pale without cosmetics, and now I needed them more than ever.

While I was in the hospital, my wonderfully patient husband took over the household. He walked the dog, coped with the laundry, called the appliance repairman, cooked meals for our son, and was worried to death about me. It was hard on Bob, but he was always there. I realized then how much I really needed him. If he had not been in my life, what would I have done?

Once my friends got over their initial disbelief—I'd never had a sick day in my life!—they all rallied around. It was such a serious operation that my agnostic pals, knowing of my strong religious faith, said prayers for me; even my Jewish friends made pilgrimages to Catholic churches. Enough Masses were said to take care of my soul forever, and that outpouring of love produced a miracle: Although my body had received a terrible shock, I bounced back with amazing speed. I have always believed in the power of prayer. Now I have living proof of it.

Those same incredible friends also showered me with gifts: books, flowers, wonderful fragrances, amusing oddities like an "elbow pillow." Jackie Onassis gave me a large studio book on Versailles. Tucked inside was a beautiful letter, recalling our shared memories of Paris: the days we spent there as students and, later, the night we attended De Gaulle's state dinner—she as First Lady of the United States and I as her devoted *chef de cabinet*. Clare Luce dashed in to see me while passing through New York. Because Jackie and Clare had both known illness themselves, they were especially tactful, encouraging, supportive.

A small price to pay

Learning to live with a colostomy is not the easiest thing. There is usually a "colostomy team" at major *(continued)*

Lucky to Be Alive

continued

ospitals to help you adjust, day by day, to he strange new equipment and the irriga- ion procedures. At first, it all seemed retty scary. But the floor nurses at the ospital were terrific, and so was Virginia Dericks, the colostomy specialist. And nce I got home, there were daily house alls from the Visiting Nurse Association o see me through the first week.

Some colostomy patients have enor- nous trouble accepting their new way of fe. A psychiatrist came around at the ospital to see if I needed help. As it appened, I didn't; to me, the plastic bag eemed a small price to pay for survival. 'or those who do have problems, though, nerapy can be very useful. Or, if they ant to talk and compare notes with ther victims, they can contact a colos- omy society—these wonderful support roups are found all over the country.

Dr. Whitsell told me to take it easy hen I got home; it would be six months, e said, before I felt up to par. I left the ospital on a Sunday and stayed home Monday. On Tuesday I spent 15 minutes the office; by Wednesday I was up to vo hours. On Thursday I flew to Miami, y myself, to keep a speaking engage- ient that had been on my agenda for ght months. It went like a breeze—I ot through the hour-long presentation ithout once leaning on the podium. I as well paid for that speech, and we eeded the money. There is nothing like conomic motivation.

On my return to New York, I went raight to the office. After two weeks, I ould manage an eight-hour shift; within month, I was back on my usual 15-hour eadmill.

My stomach, however, wasn't yet used the corporate world; it would gurgle nd make unbelievable noises. All this as temporary, I was told, but sometimes sounded as if a Rachmaninoff concerto as being played in my innards. "I'm rry," I'd say with a big smile, turning to y neighbors at a board meeting or busi- ss lunch. "It's going to be like this for e next six months."

People who aren't embarrassed ask me what a colostomy means to a person's life. Well, for one thing, the equipment you need is terribly costly, and it's a "forever" expense. Then there is the question of time: It takes a whole hour out of your day to do the irrigations and get going in the morning. Eventually, though, you should be able to achieve total control and do anything you did before.

The only time I really felt rotten was when I went to Memorial Sloan-Kettering Cancer Center for two months of preventive chemotherapy treatments. I'm used to striding through my day, full of pep and energy, so I was glad when those sessions were over.

Every three months, I go to Dr. Thomas Fahey at Memorial and he gives me blood tests to see if there is any tumor activity in the abdominal region. I guess I will be doing that for the rest of my life. I hope the results will always be negative. In fact, I don't let myself believe anything else.

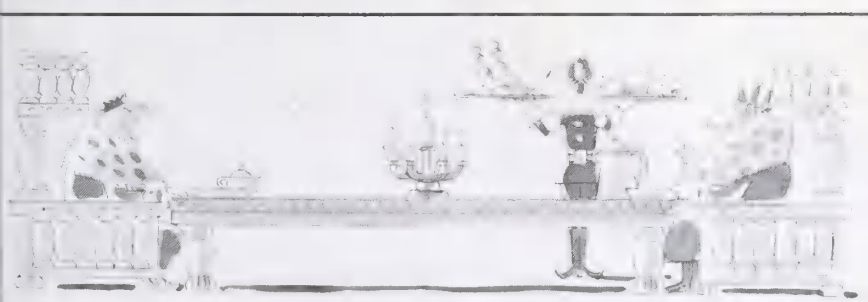
Yes, I do have big, ugly scars, from my chest right on down, and I look like a cross-stitched sampler. Under the circumstances, though, I don't really mind not being able to wear a bikini. (Come to think of it, I've never been able to wear one anyway!)

Call it a miracle

But let's stop talking about the costs of cancer. What everyone must remember is that early diagnosis means a *saving*—a saving of your life. Malignancies of the colon and rectum are among the most prevalent types of cancer, yet nobody ever talks about them. If you are over 40, ask your doctor to explain the new, simple methods of testing. According to the American Cancer Society, with early detection and treatment the rate of cure could be extremely high.

I consider myself darn lucky. Lucky to be alive. Lucky that I had the problem diagnosed before it killed me. Lucky that I was operated on in a city where there are top doctors and top hospitals.

Whatever you call it—a miracle, willpower, determination, a need to get back to work—I feel fine now. As far as I am concerned, the cancer came and went. Psychologically, I'm rid of it. And as long as the spirit is not maimed, nothing is. **End**



"Protocol, shmotocol! I still say you should remove your crown at the dinner table!"



Germaine Monteil gives you reinforcements for your skin in its fight to stay soft and smooth. Super-Moist Beauty Emulsion is our very luxurious daytime moisturizer. It protects against dryness... and comes in natural or in special tints to improve complexion tone.

THE INFLATION FIGHTERS

HOW 50 FAMILIES GOT TOGETHER TO BEAT THE MONEY CRUNCH

BY JAY STULLER



By lending a helping hand to their neighbors, folks in this Texas town stretch their dollars, make new friends.

With the cost of living zooming, cutting corners has become a national pastime. We clip coupons, watch for sales, buy in bulk and always make certain we're getting our money's worth. So many of us have had to make do on less. And very few of us can afford not to be savvy, price-conscious consumers. But maybe there's a better, easier way to fight inflation.

The residents of one American community have found they can do even more! They've learned to cut corners together. By joining forces against rising prices, the families of Parkview South, a suburb in Pasadena, Texas, say they are making their money go further. Here's the Journal's *report on this very special community.*

Saving strategy

Two years ago, John and Pharaby Wilson could not have imagined that their social life would one day revolve around money-saving pursuits. But inflation forced them to face a problem common to all American families right now: how to keep up with steadily rising prices.

"We felt we couldn't get ahead," says John, a 33-year-old speechwriter who works for a Houston oil company. "Cutting expenses by ten or fifteen percent is difficult. And we knew that our neighbors were in the same position.

"What happened in our community took place gradually, over the last year and a half. We found that we had power in numbers—and not just for buying in volume. We could also share our experience and knowledge of how to cut costs," he continues.

So, beginning in a most informal way, the families of this middle-class enclave turned inflation-fighting into a community affair.

Parkview South, which is about 20 miles from Houston, is only seven years old. The 200 or so three- to four-bedroom homes are meticulously maintained and would probably sell for $60,000 to $80,000 today. Most of the residents work in Houston for NASA, or for the huge petrochemical industry along the Houston Ship Channel. The average income is $18,000 to $25,000 and, although most families can afford to keep their homes, everyone is feeling the crunch.

"Our inflation-fighting is a direct outgrowth of our civic club's activities," says John. "We have only six regular meetings a year, but you might say that the members of the club are the activists in the community. They get to know their neighbors, get them involved in the money-saving projects and pretty soon you get *their* friends and acquaintances involved, too."

The Parkview South Civic Club, to which 55 families in the development belong, was started by Larry Seiler, a 35-year-old salesman for a water treatment company. "We wanted to insure that the people in the neighborhood lived up to their deed restrictions and kept the property values up," he explains. Members also hoped that the club would help create a small-town atmosphere in their development. They therefore began sponsoring annual block parties and dinners, golf and volleyball tournaments, and Halloween and Christmas activities for youngsters. There's also a monthly newsletter and an annual directory, listing residents' home

(continued on page 168)

Photographs by Ravi Arya

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Ultra taste. Never-before. ilk smooth, truly satisfy- ng taste—in an ultra low ar cigarette!

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MEALTIME EXPRESS

Hurry-up food ideas, giving you time for a spring fling with your family.

Parmesan Cheese... shake it on



- Caesar salad (always), but also other salad greeneries–with a dash of Worcestershire. • canned vegetable or lentil soups for a cheese-y richness. • buttered wedges of pita bread; bake until toasted. Terrific as dippers. • good-sized slices of zucchini (brushed with salad oil), seasoned with oregano. Broil 'til tender. • flattened refrigerator biscuits dipped in melted butter. Add a sprinkle of garlic salt; bake as directed. • tuna salad spread on toast. Be generous with the cheese. Broil until lightly brown, bubbly.

STAR QUICKIE

RAINY-DAY SKILLET SUPPER

Brown 1 lb. pork bulk sausage; crumble. Pour off all but 2 Tb. drippings. Add 6 cups shredded cabbage, 1 tsp. salt, ½ tsp. caraway seed and dash pepper. Cover; cook 10 min. Stir in 2 cups hot, cooked noodles and 1 cup applesauce. Cook 1 more minute. Serves 4.

Canned Peaches

Drain the halves for: • Make-a-Shake. Whirl in blender with pint of vanilla ice cream, ¼ cup milk, pinch of cinnamon. • Mellow dessert. Top with sour cream, brown sugar; bake for 10 minutes. • Peachy-Keen Chicken. Season cut-up broiler-fryer with salt, pepper, ground ginger; bake 45 minutes. Crown with peach halves; bake 15 minutes more. • Summer Memory Ice Cream. Chop peaches; fold into softened vanilla ice cream. Add drops of almond extract. Refreeze. • Side Cars. Top with butter, lemon juice; broil until lightly browned. Serve with steak, hamburgers. • Maharajahs. Fill with chutney and chopped peanuts to go with curry.



Celery Stuff it with...

• peanut butter, a scattering of sunflower seeds. Taste sensation. • guacamole and nuggets of chopped green chilies. Smooth and hot! • one small can of deviled ham, ½ tsp. curry powder, mashed with 2 Tb. butter. Enticing. • softened sharp cheese (such as Gorgonzola), flecked with minced parsley. • cream cheese spread with chutney, topped with slivered almonds. New twist to an old favorite. • can of minced clams (drained), cream cheese, snips of dill.

Photographs by Cecil Shields


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"yummmy"...
cause every
single time it's...
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SINGLES
EACH DELICIOUS SLICE WRAPPED
AMERICAN
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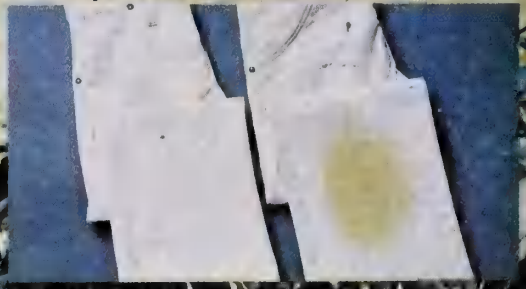
Use it, and you'll discover Kenmore packs a lot more! SEARS LADY KENMORE washer model #20946 features SOLID STATE touch controls with lights and tones to help make sure you're giving fabric proper care. And, the DUAL ACTION AGITATOR™ helps get even large loads uniformly clean. You can watch it in action at most Sears stores.

"But I use Tide because it does the best job on muddy dirt-biking dirt

"With motorcycle riding, and all the sliding, you don't just get surface dirt. The mud really gets groun in. I think it's extremely fortunate that Extra Action Tide can get it out. I've tried other detergents, bu I can see a difference. Tide does the best job."

Anita L. Carnahan

For a difference in clean you can really see on tough muddy dirt.



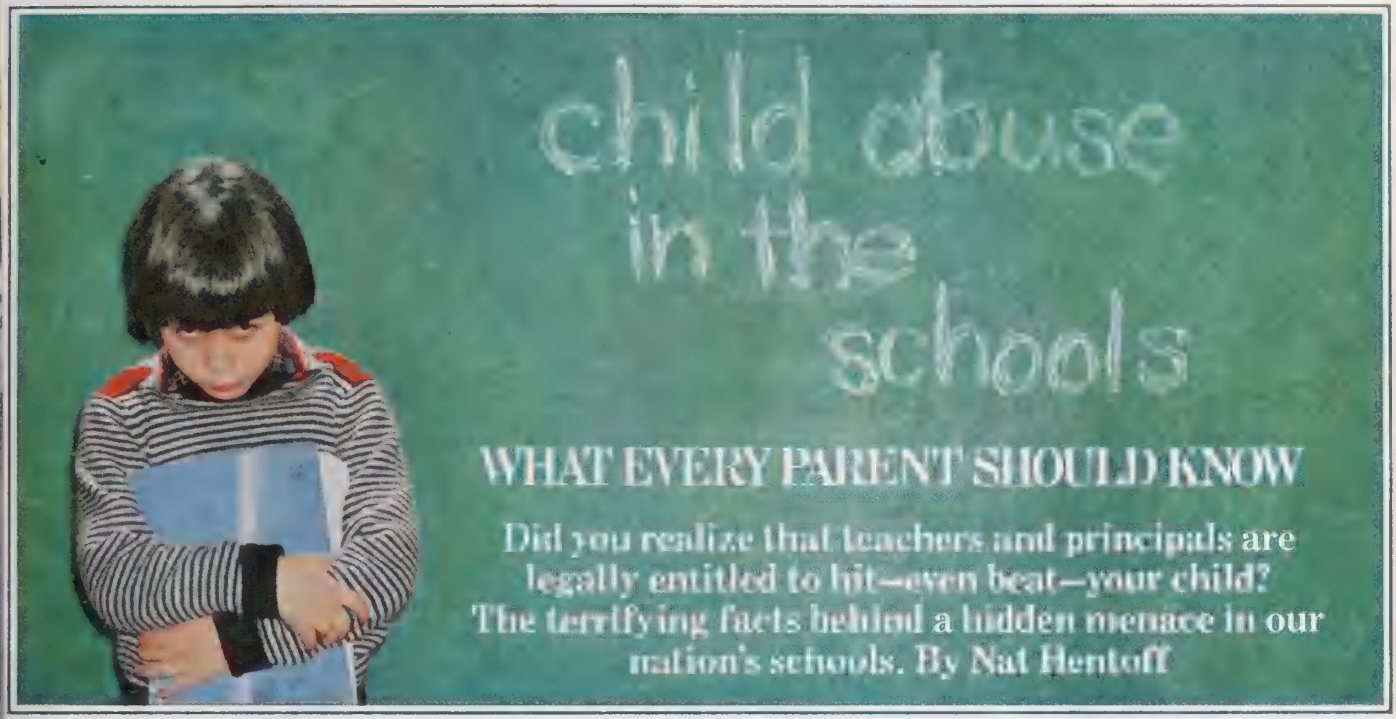
Tide's advantage may vary by washing conditions and formula.

Washed in Extra Action Tide | Washed in a Leading Powder

Tide

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WHAT EVERY PARENT SHOULD KNOW

Did you realize that teachers and principals are legally entitled to hit—even beat—your child? The terrifying facts behind a hidden menace in our nation's schools. By Nat Hentoff

Lunchtime in a school cafeteria. At one table, a ten-year-old boy and his friend were deep in conversation; they didn't hear the teacher's command: "Heads down!" And so, as punishment, they were told to stand in the middle of the room with 250 other children looking on. An ally on the sidelines tossed them a bar of candy, but the sight of the two "culprits" having a snack was too much for the teacher. In a rage, he grabbed the ten year old by the neck, shaking the child until he fell to the floor. Then he kicked him across the room. When the boy's mother demanded an explanation, the teacher turned belligerent. If anything, he bellowed, he hadn't been tough enough. After all, it was his legal right.

Indeed it was, as this mother discovered. In Fort Plain, New York, where the incident occurred, corporal punishment in the public schools is lawful—provided the teachers stop short of "deadly force." That ten year old was still alive, wasn't he?

Nor is the rod being spared in other states of the union. Just last year, a fifth-grader in Camden, Delaware, was beaten so severely that the welts and bruises on his back and buttocks were visible for days. The boy's offense? "Staying in the bathroom too long." The reason? He was constipated—something the teacher hadn't bothered to find out. And in Beggs, Oklahoma, reports the Tulsa *Tribune*, children with learning disabilities are being given educational "motivation" of a curious sort. They are placed in regular classes; then, if they can't keep up, they are whacked on their bottoms, thighs, arms and elbows with a wooden paddle.

Stories like these are alarmingly commonplace. At Philadelphia's Temple University, thousands of documented cases have been compiled by the National Center for the Study of Corporal Punishment and Alternatives in the Schools. In Berkeley, California, Dr. Adah Maurer has set up a national clearinghouse for hard data on corporal punishment. And, in affiliates of the American Civil Liberties Union across the country, the files are growing.

In those files is the strange fact that ours is one of the last major nations (along with Germany and Great Britain) to permit corporal punishment in the schools. Schoolchildren, moreover, are the only group of Americans who can legally be assaulted. Even prison inmates can no longer be beaten—and that includes youngsters confined in state correctional facilities. Yet *(continued on page 177)*

A Life Change

Mothers often find it difficult to let their daughters go. But what happens when a daughter has to give her mother freedom? A short story by Marlene Fanta Shyer.

Marcie's mother was acting strangely and although it was nothing dramatic Marcie could put her finger on, lately she didn't seem quite herself.

When Marcie brought Roddy over on Monday morning, Mrs. Feeney said, "Give Grandma your best good-morning kiss, sweetheart," which is what she said every day, and then she led her grandson into the kitchen, where his usual breakfast—egg, toast, honey—was waiting, but right away, Marcie noticed something new.

"Where did you get those earrings, Mom?" she asked. They were a complete departure from her usual pearl studs, and Marcie could not remember ever seeing her mother wearing earrings at this hour in the morning, pearl studs or otherwise.

"Why, don't you like them?" Mrs. Feeney asked, putting a finger up to the emerald dangling from her left ear. "I saw them in a little store in the mall on Saturday. I thought they were very new-looking, don't you?"

"Very new for you," Marcie said, smiling. She'd never seen her mother with drop earrings before, certainly never in this size. "Very nice with your brunch coat," she winked.

"Oh, I was just trying them on," Mrs. Feeney said, looking embarrassed. "I thought I might try them with my new green suit. You didn't forget I'm going to a matinee on Wednesday?"

"Of course not. Mrs. *(continued on page 129)*

Illustration by James Barkley


CAFE

The new pants: a long and short story

Pants now...long, short, any length goes. There's a new sense of excitement...a jaunty air in how (and with what) you wear them...from chic to preppie to downright sexy. By Trudy Owett, Fashion Editor.



Sophisticated

Strong, stark graphics, bold new shapes make a fashion statement.

High-impact stripes—in a wide legged cut, hovering midcalf. Pants, $100, in rayon. Here, with gold cotton knit tee ($18) and cotton cardigan jacket ($68). All, Cathy Hardwick. Gray leather pumps, Maud Frizon.

Cool black pants, a flash of white piping defines the hips, long tapered legs, $68. Dressy "camp" shirt, $48. Both, Regina Kravitz, of rayon shantung. Bracelets, Catherine Stein; hair picks, earrings, Bonwillum; Golo pumps.

Photographs by Gordon Munro. Hair by Martin Downey; makeup by Mariella.
Shopping information on page 150

Brights

Pants on the up-and-up—a trio of lengths in happy colors. Sporty yet sexy.

Classic "Girl Scout" look, but wow! Uninhibited red front-pleated shorts in raw silk ($38) with sporty shirt in silk crepe de chine ($46). Both, Irka. Vivid patent belt, Elegant; vibrant sandals by La Marca.

ltraviolet, a knockout pants ook in a cotton jumpsuit. ots of zippers, kinny legs. By ric Trac, $64. traw hat- and, Ome- a; hap- y dot nules by a Marca.

Unbeatable blues in a playsuit look. Drawstring short shorts ($16), breezy shirt ($22) with embroidered parrot peeking out of the pocket, a bolder bird across the back. Both, St. Michel, in cotton. Earrings, Red Cobra; sandals, Golo.

Romantics

Lovely ways to spend a summer evening—in pale, pretty pant looks.



A wisp of pales for summer—pearl gray tissue linen pants, flared and full to midcalf ($120); breathless little camisole top, also in linen, ($60). Both, Perry Ellis. Cuff bracelets, Catherine Stein; gray leather pumps, Maud Frizon.

The fragile float of petal pink — harem pants that billow from the hips, snug at the ankles ($24). Cap sleeve blouse ($18). Both, Adini, in cotton. Earrings, bangles, Red Cobra; pink pumps, Delman.

Ivy League

The good-school look–return to nonchalant Bermudas, timeless tennis whites.



Cool, easy, crisp–banana yellow cotton poplin shorts ($30) with a fresh, open-collar cotton shirt ($26). Both, Willi Wear. Hook belt, Omega; sport watch, Tourneau; luggage leather and ivory oxfords, Lighthouse Footwear.

Classic and casual–the 80s Bermuda look, best with kneesocks, oxfords. Pleated cotton sateen shorts ($54) with summer argyle cotton knit sweater ($80). Both, Don Sayres. Tan oxfords by Leeds for Qualicraft.

Go anywhere with dash–the Bermuda suit in snappy white. Cottony twill shorts ($36) and unlined blazer ($80). Both, Lois Anderson for Tannerway. Blouse, Christian Dior; watch, Tourneau; white oxfords, Crayons.

All kneesocks by Trimfit

Shopping information on page 150.





COUNTRY KITCHENS

And What Makes Them Cook

The old-fashioned country look, more popular than ever, fills today's kitchens with charm. By Elizabeth Gaynor, Home Editor.

A very personal room . . . rustic charm combined with modern efficiency. This kitchen is nestled in the extension of a small, old house. The present owners, wanting more than a place for cooking and eating, created a kitchen that's the true "hub" of the home. In redesigning the ample space, they divided work area from dining area (polished round table, Windsor chairs) by a middle counter fashioned from lengths of recycled wood, copper butler's sink and smooth-with-age cherry workbench for the top. Other collectibles in full view fill out the warm country look: wire baskets, crockery, canning jars and antique utensils are used daily (no museum this!). Interesting ideas make the most of relatively little storage space. One-can-deep shelving is neatly wedged behind the Dutch doors; wooden dowels and narrow sills hold glasses around the window frames. A wealth of copper pots and pans (below) hang on heavy nails above the stove. Insert left: Even the appliances are now inspired by nature. The refrigerator, repainted with enamel, was "wood-grained" with a comb, "knots" smudged with a cork. The dishwasher's front panel was replaced by ¼ inch plywood to complete the one-of-a-kind setting.



Photographs by Bradley Olman. Design by Otto Fenn and John Krug.





COUNTRY KITCHENS



A bright and cheery combination kitchen/sitting room (opposite) is the result of raising the roof on an unexceptional area of an older house. A spacious Palladian window was added above existing casements. That plus converting the bay window into a comfy window seat has turned the space into a light-filled, yet cozy oasis. Bared beams make perfect catch-alls for pots, pans, baskets and hanging plants. Low cabinets made from recycled wood, and a series of small shelves that climb above at random, provide plenty of storage space. A decorating scheme that incorporates an oak table and chairs, tin chandelier, Oriental rug and wood-burning stove (not shown) gives a feeling of hospitality in addition to practicality. ■ Above: More standard in size, this pristine kitchen, built onto an existing house as an enlargement, serves beautifully for cooking and entertaining in small numbers. A roaring hearth makes the room warm and inviting. It captures a period look with new materials: the exposed brick wall, wide floor boards, a pine table for both chopping and dining, plus cherry cabinets designed and finished by the owner. ■ Below: This corner kitchen is just one small part of a "great room." More and more apartments and houses are being planned with open space; here's an example with a country air. Old barn board was used to construct the cabinets, counters and corner posts. Paneling and brick flooring set a rustic tone throughout; collections of crockery, spool candles and baskets blend in with more country touches.



Opposite: design by Carolyn Sherwin. Kelter Malcé quilt; Fabrications fabric. Above: design by Hal McKusick

Pick Your Personal Exercise Plan

How many times have you thought about exercising, yet haven't moved a muscle? Even though you know it's good for you, the problem is to get started. To help, we've surveyed eight exercise systems that offer that extra push. Find the one that suits your figure problems and personal goals (get a checkup, first). Any way you shape up counts—for fitness and fun.
By Maureen Lynch, Health and Beauty Editor.

Photography by Jim Houghton.
Leotard and tights by Danskin.

Ballet: Visions of sweeping swans, the embodiment of elegance and grace. As an exercise, can be started at any age. Stomach and thigh areas reap rewards at first, then total body. With proper instruction (very important) you shouldn't feel strained or pained after class (slightly sore muscles, okay, if out-of-shape). After 2 weeks, you'll *feel* an improvement; after 6 months, you'll *see* a body change. Classes usually cover barre work (concentrating on body "line"), the five basic positions. The balance is floorwork, learning a series of steps. Emphasis is on movement, classic style. About $3–$5 hour. Benefits: new awareness of your body; release of energy, tension; creative and rewarding.

Photographed at The Dance Movement, N.Y.

Gymnastics: If you flip (right) for split-second precision, cat-like grace–gymnastics are for you. You can start at any age, with any body shape (under 5′6″ better). Good for firming upper back, arms, stomach, thighs; minimum 2x week. Instruction is imperative; one hour rate, about $5–$8. An average beginner starts to feel steady in around 3 months. Classes open with warmups; then tumbling on mats, working on rings and parallel bars with guidance. Gymnastics build endurance, increase flexibility, condition your whole body.

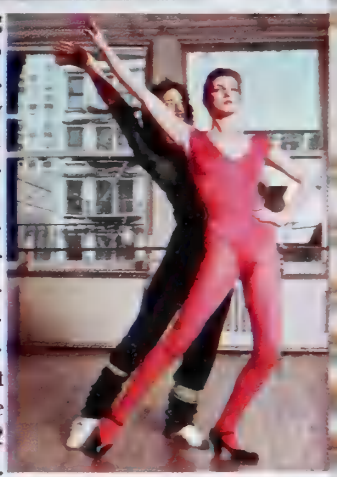
Photographed at Alex & Walter Inc. Shoes by Capezio Ballet Makers.

Yoga: Said to be the oldest form of physical culture, yoga (below) teaches you to relax, breathe properly. Mind and body become one. Non-rigorous (good for elderly). One-hour-plus classes start with stretching, end with closed-eye meditation; about $3–$5. After learning, can do at-home. Whole body benefits, especially spine. As posture improves–you'll feel alive.

Photographed at European Health Spa. N.Y.



Exercise releases tension, increases energy, builds stamina–and makes you feel terrific.



Jazz Dancing (right): Moving to a razzamatazz beat. For any age, any body build–you just put on a leotard and "character" shoes, go out on the floor, follow the instructor. Calls for some rhythm, stamina; above all, a positive attitude. Everyone feels awkward at first; takes anywhere from 2 weeks to 2 months to settle in. After warmup exercises (at least half the class) for alignment, coordination, you'll get into the "locomotives" of jazz–barre and floorwork combinations. Later on, you'll work on developing your own style. Classes last about 1½ hours; cost $3–$6. The strenuous training zeroes in on hips, stomach, but tones and shapes entire body; a swinging way to exercise, have fun.

Photographed at The Clarke Center. N.Y. Shoes by Capezio Ballet Makers.

Pick Your Personal Exercise Plan

Fitness–it's a total beauty routine designed to make you look/feel better; younger, sexier. Pick one exercise plan to get into shape…get started…and stick to it!



Aerobic Dancing: Ready, set, action! This new form of dance is like choreographed jogging–intensely energetic, in tennis shoes (above). Does all the good "aerobic" things–increases oxygen intake, gets the heart going, blood moving, muscle-strengthening. Typical hour class schedule: 12 weeks, 24 classes, $120. Idea is continuous movement, starting with warmups, dance routines (set to disco, rock, country, etc.), then cool-down time. Primary stress on legs, overall fitness. Aerobic dancing is charged with excitement.

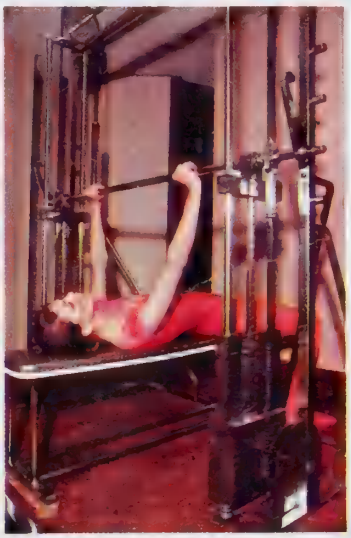
Photographed at Aerobic Dancing Inc., N.Y.

Stretch: A tried-and-true way to work out (right) that you could, with discipline, do at home. But it's definitely faster and more fun with a group. In class, the instructor keeps a lively pace going. Reaching for the sky, touching your toes. Bending to the side, then going flat on the floor–for abdominals, back thighs. Specific areas can be worked on. After 6–7 visits, you'll notice the difference. It's standard to join up for a few months or year, averaging $3–$5 a class. Stretch exercises are all-around improvers –to make you feel more relaxed.

Photographed at Elaine Powers Figure Salon, N.Y.

Training with weights and machines: The high-tech way to exercise. Modern, bright–the emphasis is on equipment; fixed machinery (such as Universal and Nautilus) and/or free-weights (barbells and dumbbells). Strengthens muscles of body, often used in tandem with another sport or exercise for overall fitness. Fact is most women have little strength in their upper body. Even avid runners or bicyclists tend to crumble when carrying heavy packages. Contrary to popular belief, weight training for women doesn't build the same bulging biceps as it does for men. Due to female hormones, instead of adding bulk muscle, it merely strengthens, shapes and curves a woman's body. Weight training doesn't get rid of fat either–you'll need to diet for that. A series of exercises can be programmed for your particular objectives (arms, back, etc.). Frequency of moves plus the amount of weight you pull or press are the two major variables. Once planned out, demonstrated and supervised, you can go at your own pace. Minimum: 2x week; 3x better. Weight training programs at spas or health clubs usually offer memberships (unlimited visits with use of pool), averaging out to about $1 per day. For at-home exercises, you can find barbells at most sporting goods stores. Follow a manual for guidelines on building up your arms and shoulders. Results should show up gradually, in 1-2 months. Plus: resistance exercising lets off an incredible amount of steam (and tension)—makes you aware of your newly taut and strong body.





Photographed at European Health Spa, N.Y.

No matter how busy you are, *make* the time to exercise. Whether at a health club, in class or at home–keep moving!





Omelets

Try the Journal's new mistake-proof method!

In only 50 seconds, you (yes, you) can cook one perfect omelet. Start with the right pan ("seasoned" or non-stick) and follow step-by-step to turn out a sublime meal with the flick of ur wrist. Omelet, filling recipes and tips, page 123





Step #1: Beat 2 eggs, 2 Tb. water, pinch of salt, pepper until well blended but not frothy.



Step #2: Trick is having very *hot* pan. Sizzle 2 tsp. butter; swirl to coat. Add eggs, listen for "sh-hoosh" sound.



Step #3: Point pan's handle up toward you; push cooked eggs to center. Tip and tilt to let runny parts flow underneath.



Step #4: While omelet top is still creamy, place filling on left side only (right side, if left-handed).



Step #5: Fold over a flap. Left: Gently shake pan until omelet edge slides onto plate. Then, fearlessly, flip pan over.



Leftover Magic

Surprise your family! Take just two cups *of leftover meat (pork, ham, beef or chicken, at right)–and turn them into delicious budget dinners.*
By Sue B. Huffman, Food Editor.



Looking for a way to stretch your food budget (isn't everybody)? We think "leftovers" are the answer. If, at your house, you never seem to have anything left on the platter–start planning ahead. Take advantage of meat sales and buy oversized portions. Of the four varieties we show here, ham has the most distinct taste and color. The others (plain cubed beef, chicken and pork) are almost interchangeable. Lamb and turkey can also be substituted. Economical and easy, perfect family fare. Clockwise from top: • Veggie Fried Rice. Meat-in-one with pork, broccoli, green onions. • Quickie Curry. A mix of chicken, apples, celery, spiced with coconut, chutney. • Cheese-y Spring Ring. Simple puffs of Swiss cheese pastry centered with ham, peas in white sauce. • Sweet 'n Spicy Meat Pie. Finely chopped beef, raisins and carrots, zipped with taco sauce. Magic recipes, plus more (macaroni-cheese loaf, Sloppy Joes), on page 120.



Photographs by Jerry Friedman

Leftover Magic

continued

VEGGIE FRIED RICE
pictured on page 118

Rice, meat and vegetables—almost a meal-in-one.

¼ cup soy sauce
1½ teaspoons brown sugar
2 teaspoons cider vinegar or sherry
⅛ to ¼ teaspoon crushed red pepper
2 tablespoons salad oil
½ cup chopped green onions
1 garlic clove, crushed
2 cups cooked, cubed chicken, beef or pork
1 egg, lightly beaten
3 cups cold, cooked rice
1½ cups cooked broccoli or other leftover green vegetable, cut into 1-inch pieces

Combine first four ingredients in small bowl; set aside. In large skillet heat oil over medium-high heat. Add green onions and garlic; stir-fry 1 minute. Add meat and egg; use a fork to break up egg as it cooks. Add rice and reserved soy mixture; stir-fry 2 to 3 minutes. Add broccoli; stir-fry an additional minute or until heated through. Serve immediately. Makes 6 servings, about 315 calories each with pork, 305 with beef, 230 calories with chicken.

QUICKIE CURRY
pictured on page 118

One of the best ways we know to use leftovers.

¼ cup butter or margarine
1 apple, peeled, cored and diced
½ cup chopped celery
½ cup chopped onion
1½ teaspoons curry powder
2 tablespoons flour
1¾ cups milk
⅓ cup seedless raisins
1½ teaspoons salt
1½ teaspoons lemon or lime juice
2 cups cooked, cubed chicken, beef or lamb
Hot, cooked rice
Optional: additional raisins, peanuts, coconut, chutney

In medium saucepan melt butter or margarine. Add next 4 ingredients and sauté 5 minutes over medium heat. Stir in flour. Gradually add milk, stirring constantly. Add raisins, salt and lemon or lime juice. Bring mixture to boil, stirring frequently. Add meat; reduce heat and cook 7 to 10 minutes more. Serve over hot, cooked rice with condiments, if desired. Makes 4 servings, each with ⅔ cup rice, about 570 calories each with beef or lamb, 460 calories with chicken.

CHEESEY SPRING RING
pictured on page 118

Creamed whatever, laced with vermouth, in a ring made from a quick-to-do cream puff pastry.

Ring
1 cup water
½ cup butter or margarine
1 cup unsifted all-purpose flour
¼ teaspoon salt
4 eggs
¼ cup grated Swiss cheese
Filling
3 tablespoons butter or margarine
¼ pound mushrooms, sliced
¼ cup flour
1½ cups milk
2 cups cooked, cubed chicken, ham or turkey
½ cup frozen green peas
2 tablespoons vermouth
¼ to ½ teaspoon salt
Dash nutmeg
¼ cup grated Swiss cheese

Ring: Preheat oven to 400°F. Grease a 10- or 11-inch ovenproof skillet, preferably with sloping sides; set aside.

In large saucepan heat water and butter until butter melts and water boils. Remove from heat. Immediately add flour and salt all at once and stir vigorously with a wooden spoon until mixture forms a ball and leaves side of the pan (about 1 minute). Add eggs, one at a time, and continue beating with wooden spoon until well mixed; stir in grated cheese.

Spoon dough by mounds in a ring around edge of pan, leaving center open. Bake for 40 minutes or until ring is puffed and brown.

Filling: Melt 1 tablespoon butter or margarine in medium saucepan. Add mushrooms and sauté 2 to 3 minutes. Remove from saucepan; set aside. Melt remaining 2 tablespoons butter or margarine and stir in flour until smooth and bubbly. Gradually add milk, stirring constantly. Cook over medium heat until mixture has thickened. Return mushrooms to pan with remaining filling ingredients except cheese. Pour filling into center of ring and sprinkle with ¼ cup grated Swiss cheese Bake 5 minutes more. Serve at once. Makes 6 servings, about 480 calories each with ham or turkey, 465 with chicken.

SWEET 'N SPICY MEAT PIE
pictured on page 118

If you're in a hurry, use a frozen pie shell and skip the lattice top.

2 cups cooked, cubed beef or pork
¼ cup butter or margarine
2 cups shredded carrots
2 medium onions, chopped
2 teaspoons chili powder
1 jar (8 oz.) taco sauce
¾ cup seedless raisins
⅓ cup water
1 teaspoon salt
½ teaspoon cinnamon
1 egg
Pastry for 2-crust pie

In food processor with steel blade or with knife finely chop meat.

In large saucepan melt butter or margarine. Add carrots, onions and chili powder; sauté 3 to 5 minutes. Add remaining ingredients except egg and pastry. Cook 8 to 10 minutes over medium heat to blend flavors. Remove from heat and stir in egg; set aside.

Preheat oven to 375°F. Prepare pastry and divide into 2 balls, one slightly larger than the other. On lightly floured surface roll larger ball into 11-inch circle. Fold into quarters and transfer to a 9-inch pie plate; unfold and press into plate. Spoon in filling. Roll out remaining pastry into 9-inch circle. Cut eight ½-inch strips. Moisten rim of pastry with water. Place strips in lattice pattern over filling. Trim ends and attach to rim; flute. Brush pastry lightly with milk. Bake 45 to 50 minutes until crust is golden. Makes 6 to 8 servings, about 640 calories per 6 and 480 calories per 8 for beef. Add about 10 calories per serving for pork.

MACARONI-CHEESE LOAF

Macaroni and cheese is always a favorite and perfect for leftovers.

2 cups elbow macaroni, uncooked
2 tablespoons butter or margarine
1 medium onion, chopped
2 cups cooked, cubed ham, turkey or chicken
1 can (4 oz.) mushrooms stems and pieces, drained
4 eggs
1½ cups milk
1 cup (4 oz.) shredded Cheddar cheese
1½ tablespoons Worcestershire sauce
½ teaspoon salt
⅛ teaspoon white pepper

(continued)



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SALADS

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Mushroom Dressing

1 can Campbell's Cream of Mushroom Soup
¼ cup water
¼ cup tarragon vinegar
1½ tablespoons sugar
1 teaspoon dry mustard
¼ teaspoon celery seed
¼ teaspoon marjoram leaves, crushed
Dash Worcestershire

In saucepan, combine ingredients. Heat; stir occasionally. Chill. Serve with spinach salad. Makes about 1½ cups.

Italian Cheese Dressing

1 can (10¾ ounces) Campbell's Tomato Soup
½ cup salad or olive oil
¼ cup vinegar
¼ cup grated Parmesan cheese
1 teaspoon basil leaves
1 teaspoon oregano leaves
⅛ teaspoon garlic salt

In covered jar or shaker, combine ingredients; chill. Shake well before using. Serve with tossed green salad. Makes about 2 cups.

Zesty French Dressing

1 can (10¾ ounces) Campbell's Tomato Soup
½ cup salad oil
¼ cup vinegar
2 tablespoons sugar
1 tablespoon finely chopped onion
2 teaspoons dry mustard
1 teaspoon salt
¼ teaspoon pepper

In covered jar or shaker, combine ingredients; chill. Shake well before using. Serve with chef's salad or salad greens. Makes about 2 cups.



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GOLDEN RICE SALAD

- 1/4 cup bottled vinegar and oil dressing
- 3 cups hot cooked rice (cooked in chicken broth)
- 2 hard-cooked eggs, chopped
- 1 cup sliced celery
- 3 tablespoons each chopped dill pickles and pimientos
- 1/3 cup finely chopped onion
- 1/3 cup mayonnaise
- 2 teaspoons prepared mustard
- 1/3 cup sliced pitted ripe olives
- Salt and pepper to taste
- Salad greens
- 1/3 cup Bac*Os® imitation bacon

Pour dressing over rice. Toss and set aside to cool. Add remaining ingredients except salad greens and Bac*Os; toss lightly. Chill thoroughly. Serve on salad greens and garnish with additional sliced hard-cooked eggs, if desired. Sprinkle with Bac*Os. Makes 6 servings.



RICE COUNCIL O... MARK

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Cook macaroni according to package directions for only 5 minutes; drain. Preheat oven to 350°F. Generously grease a 9 × 5-inch loaf pan; set aside.

In small skillet melt butter or margarine. Sauté onion, cooked meat and mushrooms 2 to 3 minutes until onion is tender; set aside.

In large mixing bowl beat eggs with a fork until mixed. Add macaroni and remaining ingredients; stir until well mixed. Spoon into prepared pan; place in a roasting pan in the oven. Fill roasting pan with hot water to one inch from top. Bake 55 to 60 minutes until knife inserted in center comes out clean. Remove from oven; loosen edges with knife and let stand 10 minutes before inverting onto serving plate. Makes 6 servings, about 425 calories each with ham or turkey and 410 with chicken.

COLD SALAD ORIENTAL

Crunchy and delicious, a great warm weather treat.

3 tablespoons salad oil
4 green onions, chopped
1 teaspoon diced fresh ginger
1 garlic clove, crushed
⅓ cup soy sauce
3 tablespoons honey
⅛ teaspoon crushed red pepper flakes
2 cups cooked, cubed chicken, beef or pork
1 head Chinese cabbage, shredded
1 cup sliced radishes
½ cup bean sprouts

In medium saucepan heat oil over medium heat. Add green onions, ginger and garlic. Stir-fry 2 to 3 minutes; discard ginger. Remove from heat; add soy sauce, honey and red pepper. Pour over meat in a medium bowl. Cover and refrigerate 1 to 2 hours or overnight to marinate; stir occasionally.

To serve, arrange vegetables in salad bowl. Place meat and marinade into center; toss to serve. Makes 4 servings, about 380 calories each with pork, 360 with beef, 255 with chicken.

AUNT V'S SLOPPY JOES

Our food editor's aunt, Virginia Ritchie of Enid, Oklahoma, strikes again!

4 slices bacon, cut in ½-inch pieces
2 cups cooked, cubed beef or pork
1 can (10½ oz.) condensed onion soup, undiluted
⅔ cup crushed gingersnaps
⅓ cup water
⅓ cup red wine vinegar
¼ cup brown sugar
Dash allspice
4 hamburger rolls, split and toasted

In medium skillet cook bacon until crisp. Drain off drippings. Add remaining ingredients except rolls and cook over medium-low heat, stirring occasionally until desired thickness, about 10 minutes.



To serve, spoon over toasted rolls or English muffins. Makes 4 servings, about 540 calories each with pork, 520 calories with beef.

SPRINGTIME SPAGHETTI

Zucchini and carrots add crunch, color and nutrition.

2 medium zucchini
2 carrots, peeled
4 tablespoons butter or margarine
1 tablespoon salad oil
2 garlic cloves, crushed
½ teaspoon basil
1 package (8 oz.) thin spaghetti
2 teaspoons flour
½ cup milk
2 cups cooked, cubed chicken, turkey or ham
⅔ cup grated Parmesan cheese
1 teaspoon salt

Rinse zucchini; cut into sticks 1½ inches long and ⅛ inch thick. Repeat with carrots. In medium skillet heat 1 tablespoon butter or margarine and 1 tablespoon oil over medium high heat. Add zucchini, carrots, garlic and basil; stir-fry 2 to 3 minutes. Remove from skillet; set aside. Prepare spaghetti according to package directions; drain. Melt remaining butter or margarine in skillet; stir in flour. Slowly add milk, stirring constantly. Cook until slightly thickened. Add reserved vegetables, meat, cheese and salt and continue cooking until meat is heated. Transfer hot spaghetti to serving bowl, pour sauce over and toss. Serve immediately. Makes 6 servings, about 365 calories each with turkey or ham, 350 each with chicken.

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Omelets

continued from page 117

ON OMELETS

The Pan: Trying to make an omelet without the proper pan is as hard as beating egg whites with a demitasse spoon. In other words, almost impossible. • With a pan of the right size and weight (and following our directions), however, success is almost guaranteed. The ideal omelet pan should have rounded, sloping sides, be 9-10" in diameter and of a heavy metal such as cast aluminum, copper, iron or stainless steel. • Traditionally, omelet pans need to be "seasoned" before use. How to: Generously coat pan with vegetable oil; heat gradually. Let cool several hours. Wipe out excess oil. Don't ever wash this pan after cooking your omelet—simply scrub off spots with salt and paper towels. • If possible, reserve the pan for omelet-making *only*. But don't panic if someone uses, then washes, your omelet pan. All you have to do is re-season the pan. • The updated way. You can also use one of the newer pans with non-stick, release-finish surfaces. We prefer cooking with these because: No seasoning is required; the omelets cook buoyantly and slide out without hesitation. Plus the non-stick pans can be washed and used for other cooking. But be sure to use a non-metal pancake turner, which you will clean without scouring.

General Tips: • Some people have asked us whether it's preferable to add water or milk or nothing at all. After testing, we've settled on the formula of 2 Tb. water for every 2 eggs—finding that water made the omelet lighter, more airy. • A one-person omelet (2 eggs) not only looks more professional but actually tastes better than a huge omelet made with four eggs. If you're making up a batch of single omelets, it's best to keep the first ones warm in a pre-heated oven. • Don't fret if the omelet rips or splits while you're filling it. After the final flip, the ragged underside never shows. • Be creative with the fillings. Once you've become a professional omelet-maker, you'll find yourself serving them any time—from early morning to the wee hours of the night.

BASIC 2-EGG OMELET

It takes less than a minute to cook an omelet—so have the filling ingredients ready before you begin.

2 eggs
2 tablespoons water
Pinch salt
Pinch pepper
1 tablespoon butter or margarine

In small bowl combine all ingredients except butter or margarine. Beat with a fork until yolks and whites are thoroughly blended but not frothy.

Heat empty pan over medium-high heat. To test temperature, drop water on pan. If the droplets bounce over the surface, it's hot enough to add butter or margarine. After initial sizzling (don't let butter burn), pour in eggs. Pointing handle of pan toward you, push cooked eggs from edges to center of pan with a pancake turner. Tilt pan in opposite direction so uncooked portion flows underneath. While omelet is still creamy and moist on top, fill the left side (or right, if you're left-handed) with desired filling. Holding pancake turner like a soup spoon, flip right side over one third of the omelet. Run pancake turner around edges to make sure omelet is loose and shake the pan firmly.

To turn out, hold plate in left hand and gently shake omelet so the edge slides onto the plate. Flip the pan over to turn omelet onto the plate. Serve immediately. Makes 1 serving, about 260 calories.

CHEESE ASPARAGUS OMELET
pictured on page 116

Just in time for fresh asparagus—although you can use frozen.

Cheese Sauce
1½ tablespoons butter or margarine
1½ tablespoons flour
¼ teaspoon salt
1 cup half and half cream
2 tablespoons dry vermouth
½ cup shredded Cheddar or Swiss cheese
Filling
¼ cup shredded Cheddar or Swiss cheese
10 to 12 cooked asparagus spears
2 basic 2-egg omelets (this page)

In small saucepan melt butter or margarine. Stir in flour and salt until smooth and bubbly. Gradually add cream and cook over medium heat, stirring constantly, until thickened. Add vermouth; cook 3 minutes more. Remove from heat and stir in ½ cup cheese until melted; set aside and keep warm. Cook omelet according to basic directions.

To fill, sprinkle on 2 tablespoons cheese, then add 5 or 6 asparagus spears and finish as directed. Repeat with remaining ingredients. Serve half the cheese sauce over each. Makes 2 omelets, about 690 calories each.

OMELET ORIENTAL WITH PEANUT SAUCE

Unusual and unusually good. Better for supper than breakfast.

Peanut Sauce
3 tablespoons warm water
¼ cup creamy peanut butter
4 teaspoons white vinegar
1 tablespoon soy sauce
1½ teaspoons sugar
½ teaspoon salt
1 garlic clove, crushed
Dash cayenne pepper
¼ cup salad or peanut oil
Vegetable Filling
2 teaspoons salad or peanut oil
⅔ cup shredded Chinese cabbage
⅔ cup sliced green onions
¼ cup julienne radishes
2 basic 2-egg omelets (this page)

Sauce: In small bowl combine water and peanut butter until smooth. Add next 7 ingredients and stir until combined. Cover; set aside at room temperature until ready to serve. Makes ½ cup sauce, about 75 calories per tablespoon. Cook omelets according to basic directions.

Filling: Heat oil in a medium saucepan; add vegetables and stir-fry over medium high heat for 2 minutes; set aside.

To fill, sprinkle on half the filling and spoon on 2 tablespoons peanut sauce; finish omelet as directed. Repeat procedure. Spoon remaining sauce over omelets, if desired. Makes 2 omelets, about 455 calories each without extra sauce.

Ed. Note: Use any leftover peanut sauce as salad dressing.

SAUSAGE AND APPLE OMELET

Small fry should be especially taken with this one.

Filling
½ cup (4 oz.) bulk pork sausage
2 tablespoons butter or margarine
1 tablespoon plus 1 teaspoon sugar
¼ to ½ teaspoon cinnamon
1 large apple, peeled, cored, sliced
½ teaspoon lemon juice
Pinch salt
2 basic 2-egg omelets (this page)

In small skillet brown sausage. Remove with slotted spoon; discard fat.

Wipe out skillet. In same skillet melt butter or margarine. Stir in sugar and cinnamon. Add apple slices and sauté, stirring occasionally, until tender, 5 to 7 minutes. Return sausage to skillet with lemon juice and salt; set aside. Cook omelets according to basic directions. To fill, place half the filling on omelet and finish as directed. Repeat with remaining ingredients. Makes 2 omelets, about 610 calories each.

FARMER'S OMELET

A hearty breakfast or brunch dish.

Filling
4 slices bacon, cut in ½-inch pieces
2 tablespoons butter or margarine
1 cup diced cooked potatoes
⅓ cup chopped onion
2 tablespoons chopped parsley
¼ teaspoon salt
Dash pepper
2 basic 2-egg omelets (this page)

In small skillet cook bacon until barely crisp. Drain on paper towel; discard drippings. In same skillet melt butter or margarine; add potatoes and sauté over medium heat until golden, turning occasionally. Add bacon, onion, parsley, salt and pepper. Cook 3 to 5 minutes more or until onion is soft. Cook omelets according to basic directions. To fill, sprinkle on half the filling; finish omelet as directed. Repeat with remaining ingredients. Makes 2 omelets, about 495 calories each.

(continued)

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Omelets

continued

HAM 'N SWISS OMELET

Croutons add crunch to this meal-in-one.

Filling
- **2 teaspoons butter or margarine**
- **½ cup slivered cooked ham**
- **½ cup seasoned croutons**
- **⅛ teaspoon salt**
- **⅛ teaspoon marjoram**
- **⅔ cup shredded Swiss cheese**

2 basic 2-egg omelets (page 125)

In small skillet melt butter or margarine. Add ham, croutons, salt and marjoram; sauté 3 to 4 minutes; set aside. Cook omelet according to basic directions. To fill, sprinkle on ⅓ cup cheese and half the ham mixture and finish as directed. Repeat with remaining ingredients. Makes 2 omelets, about 545 calories each.

EASY CHICKEN CURRY OMELET

Using either leftover chicken or canned this makes a great supper omelet.

Filling
- **1 tablespoon butter or margarine**
- **1 small apple, peeled, cored and diced**
- **2 tablespoons raisins**
- **¾ teaspoon curry powder**
- **1½ teaspoons flour**
- **¾ cup milk**
- **⅔ cup diced cooked chicken or 1 can (5 oz.) chunk white chicken, drained**
- **2 tablespoons coconut**
- **½ tablespoons salt**

2 basic 2-egg omelets (page 125)

In medium saucepan melt butter or margarine. Add apple, raisins and curry. Cook 2 to 3 minutes; stir in flour. Slowly add milk. Stir over medium heat until mixture thickens. Add chicken, coconut and salt; cook 5 to 7 minutes. Cook omelets according to basic directions.

To fill, spoon on half the filling and finish omelet as directed. Repeat with remaining ingredients. Makes 2 omelets, about 575 calories each.

HUFFMAN'S DELIGHT

A great way to use leftover chili. Or, try canned chili or the kind frozen in a tube.

Filling
- **½ cup shredded Cheddar cheese**
- **2 to 4 tablespoons chopped onion**
- **⅔ cup prepared chili, heated**
- **4 tablespoons sour cream (optional)**

2 basic 2-egg omelets (page 125)

Cook one omelet according to basic directions. To fill, sprinkle on half the cheese and onion; spoon on half the chili and finish omelet as directed. Top omelet with sour cream, if desired. Repeat with remaining ingredients. Makes 2 omelets, about 525 calories each.

CAN'T-MISS-GREEN-CHILI OMELET

Throw together quick—it's fabulous!

Filling
- **⅔ cup shredded Cheddar cheese**
- **2 to 4 tablespoons chopped canned green chilies**
- **4 tablespoons sour cream**

2 basic 2-egg omelets (page 125)

Cook one omelet as directed in basic directions. To fill, sprinkle on half the cheese and green chilies; finish omelet as directed. Top with 2 tablespoons sour cream. Repeat with remaining ingredients. Makes 2 omelets, about 465 calories each. **End**

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Unexpected taste



5 mg. "tar", 0.4 mg. nicotine av. per cigarette. FTC Report May 1979

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

A quick course in shelf improvement.

A. You can trust Con-Tact® Brand self-adhesive lining to give your shelves the color, sparkle and style you want. For one very simple reason. It's the original tried and true washable covering that's rejuvenated shelves, drawers, cupboards, toy chests—almost anything—for years and years.

B. Applying Con-Tact coverings is no sticky business. Just cut, peel, and press. There's no mess. Because no water is needed. Lift it and reposition it as often as you need to. And put it anywhere. It covers everything from tops and bottoms to corners and edges. And stays put.



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A Life Change

continued from page 102

Muller said there would be no problem." Marcie hugged Roddy good-bye and gave her mother a quick good-bye peck on the cheek.

"I'm late. See you at one," she said, and dashed to her car.

Things had worked out surprisingly well since Marcie's father had died last year. It was with enormous relief that Marcie had watched her mother pull herself out of what threatened at first to be isolation and grief, and had now blossomed into a new life as a widow. It was the Golden Age Club that arranged bus outings to the theater and other social events, and it was the Golden Age Club that offered the supportive new relationships Marcie's mother needed. The greenhouse Dad had built on to the side of the house, possibly with the knowledge of his impending death, took an enormous amount of her mother's time, too. He'd worked on it during his illness, and now its upkeep used the energy and time his widow might have spent in depression and mourning.

Marcie had been close to her mother all her life. If she weren't available now as a sitter for Roddy, Marcie might have been less anxious to take the job she'd been given in the office of admissions at the local university. These part-time jobs were as precious as real emeralds and finding this one, which also offered free tuition at the university for courses Marcie needed for her degree, had been a stroke of incredible luck.

Mrs. Feeney was not just a sitter for Roddy. She enriched her grandson. The nursery school to which he would be old enough to go next year would find her a tough act to follow.

"My mother," Marcie said to Paul at dinner that evening, "has put air-fresheners in every room and she, who has never baked anything but a cake from a mix, decided to try making sourdough bread from a starter. This morning she greeted me at the door wearing big earrings. What do you suppose is happening, Paul? A personality change at her age?"

"Why not? A guy from our office began learning the electric guitar at sixty-two. Why? He fell in love. Maybe your mom—"

Marcie threw back her head and laughed. "Paul—my mother is sixty-*five*! And she's been a widow for less than a year! And she and my father were like that!" Marcie, pressing together two fingers, stopped laughing. But what if?

"Why don't we wait and see?" Paul said. "Stranger things have happened."

No, Marcie thought. Her own mother? Never. *(continued)*



"Is it true Edward's teacher gave everyone straight F's and retired to a chicken farm?"

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Your family will love Crisco Oil fried foods 'cause they don't taste greasy. You'll love your new GE Skillet 'cause you can roast, fry and stew, usually using less energy than your oven. And because GE Skillets are immersible in water, cleaning is easier than ever.

So c'mon...team up with two of the most trusted names in frying, GE Skillets and Crisco Oil.

Crisco Oil has agreed with General Electric to feature their Skillet in Crisco Oil advertising.

A Life Change

continued

The next morning Roddy woke up with a rash on his arms. Paul had already left for work so Marcie, undecided about whether to take him to the doctor's or to her mother's as usual, made the decision.

"Look at this," she said, the minute Mrs. Feeney opened her front door.

"Does it itch, dear?" Mrs. Feeney asked Roddy, taking him to the living room window for better light.

"Little bit," answered Roddy.

"Don't worry, honey," Mrs. Feeney said to Roddy, and she took him with her to the medicine cabinet and applied lotion to his inner elbows with a piece of sterile cotton. "If it's not gone in forty-eight hours, you can take him to the dermatologist's," she said to Marcie as she walked her to the front door.

"Hey, what would I do without you?" Marcie said as she waved good-bye.

"You'd probably have to look in the Yellow Pages for another expert," her mother laughed and Marcie noted that dimple that always appeared near her left lip when she smiled; a comforting and familiar dimple she remembered from the time she was no older than Roddy.

And where would I find an expert like you? she thought, heading for work, and thinking that she might stop on her way home and buy her mother a little gift, some small token that would say "I appreciate" although it wasn't her birthday or Mother's Day.

But when she left work, she realized she had forgotten to stop at the bank the day before, had left her paycheck on her desk at home and hardly had enough cash to pay the drycleaner for Paul's blue suit and her own raincoat.

"How's the rash?" she asked her mother the minute Mrs. Feeney opened the door. "Better already," Mrs. Feeney said, and now the house smelled not of floral scents but unbelievably, deliciously of fresh-baked sourdough bread. "Roddy helped me knead the dough," Mrs. Feeney explained, and Roddy beamed.

"We had it for lunch," he said, and Mrs. Feeney produced a fresh loaf, still hot and wrapped in foil, for Marcie to take home to Paul.

"And I meant to buy *you* a gift," Marcie said, feeling guilty to be always on the receiving end. "I was going to buy you that glycerine soap you love, Mom, but I ran out of cash. No kidding, I'm down to about ninety-nine cents."

Mrs. Feeney pushed the bread into Marcie's hands and found a ten dollar bill in her purse to lend her until Thursday, and insisted she didn't expect any gifts. Nevertheless, Marcie, wishing her mother a wonderful matinee tomorrow, promised not to forget the soap Thursday.

Thursday, another new smell. "Mother, what is that perfume you're wearing?"

"It's 'Rendezvous.' Do you like it?"

"I never knew you to wear sexy French perfume!"

Her mother, blushing under her blue-gray hair, behind her bifocals in frames trimmed with marcasite, looked just for a moment like her own photo as a young girl. "It was a gift."

"A gift?" In her hand Marcie held the wrapped soap, which now seemed a weak second-runner to perfume that sold for $50 an ounce. "From whom?"

Her mother's dimple dimpled. "A friend."

A silence hung while Marcie considered the two mysterious words, "a friend," and waited for further enlightenment. None was forthcoming.

"Any special occasion?"

Her mother was wearing her emerald earrings again. Or, still? "No, no special occasion."

Then, hesitating, she added, "A very nice gentleman, Marcie. He and I have been seeing each other now and then. He's in the Golden Age Club. In fact, on the way home from the play, I invited him to come for lunch on Sunday."

Marcie had a quick visual image of the man in Paul's office she'd never seen, strumming on his newly mastered electric guitar, playing love songs to someone like her mother, whose face was still pretty, but whose hands were run through with little blue veins and who had to watch her step walking on ice. It seemed a little incongruous.

Yet, why not? Two lonely people finding each other at any age. How good for her mother. "What's his name?"

"Lawrence De Page. He was a chemist with American Chemicals, but he's retired. Do you think you and Paul could come Sunday to meet him?"

Paul was right, but who would have thought? Marcie had to smile at the prospect of now subtly being asked for parent-like approval of her mother's new boyfriend. "Of course we'll come to meet him," she said, and then, seeing a little line of worry between her mother's eyebrows, she added, "And I *know* we'll like him," and she gave her mother the package of glycerine soap.

"Oh, I told you not to!" her mother said, but when she looked up at Marcie, her face had a certain radiance, as if she'd already used the soap and it had given the skin of her cheeks and nose and forehead a marvelous glow. No wonder someone had fallen in love with her.

On Sunday, her mother's house smelled of air-freshener, "Rendezvous" perfume and, in the kitchen, of sourdough bread and stuffed cabbage. Stuffed cabbage was the dish Marcie's mother was famous for and diners always left her table as stuffed as the cabbage leaves.

Mrs. Feeney's cheeks were pink, her emerald earrings swayed as she leaned over to touch a flower in the centerpiece on the dining room table. "He said he might be a little late. He's racing this morning and wasn't sure about the wind."

"Oh, he sails! How nice," Marcie said.

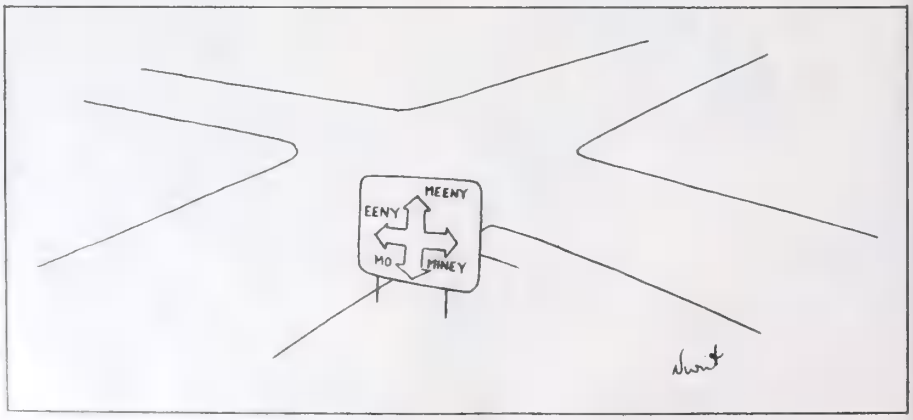
"Have you gone out on his boat with him?" Paul asked.

"I haven't yet. I'm afraid I might get seasick," Mrs. Feeney said. "Boats make me a little nervous," she added.

And Mr. De Page makes you nervous too, Marcie thought. Her mother's eyes were on the clock and on the oven. Marcie could not remember seeing her mother this fidgety before. When the doorbell rang, she seemed nearly to jump to attention. "I'll get it," she said, and rushed to the door, straightening the belt of her dress on the way and stopping for a split second in front of the hall mirror.

He was dark-haired, balding and an inch shorter than her mother. He was wearing a navy blazer with gold buttons imprinted with little anchors and a dark tie with little sailboats woven into the silk. "Am I late? We were off course for almost an hour," he was telling her mother, and when he smiled, one could see his charm. White teeth, his own, and crinkles around the eyes lit his face as if a rosy spotlight had been aimed on it.

He said he was pleased to meet everyone. He shook hands with Roddy first and told Roddy he wished he'd had children so he could have a little grandson just like him. He asked Paul, an investment counselor, about the future of gold prices. He sipped the wine Mrs. Feeney offered him and said it was just exactly dry enough without being too *(continued)*



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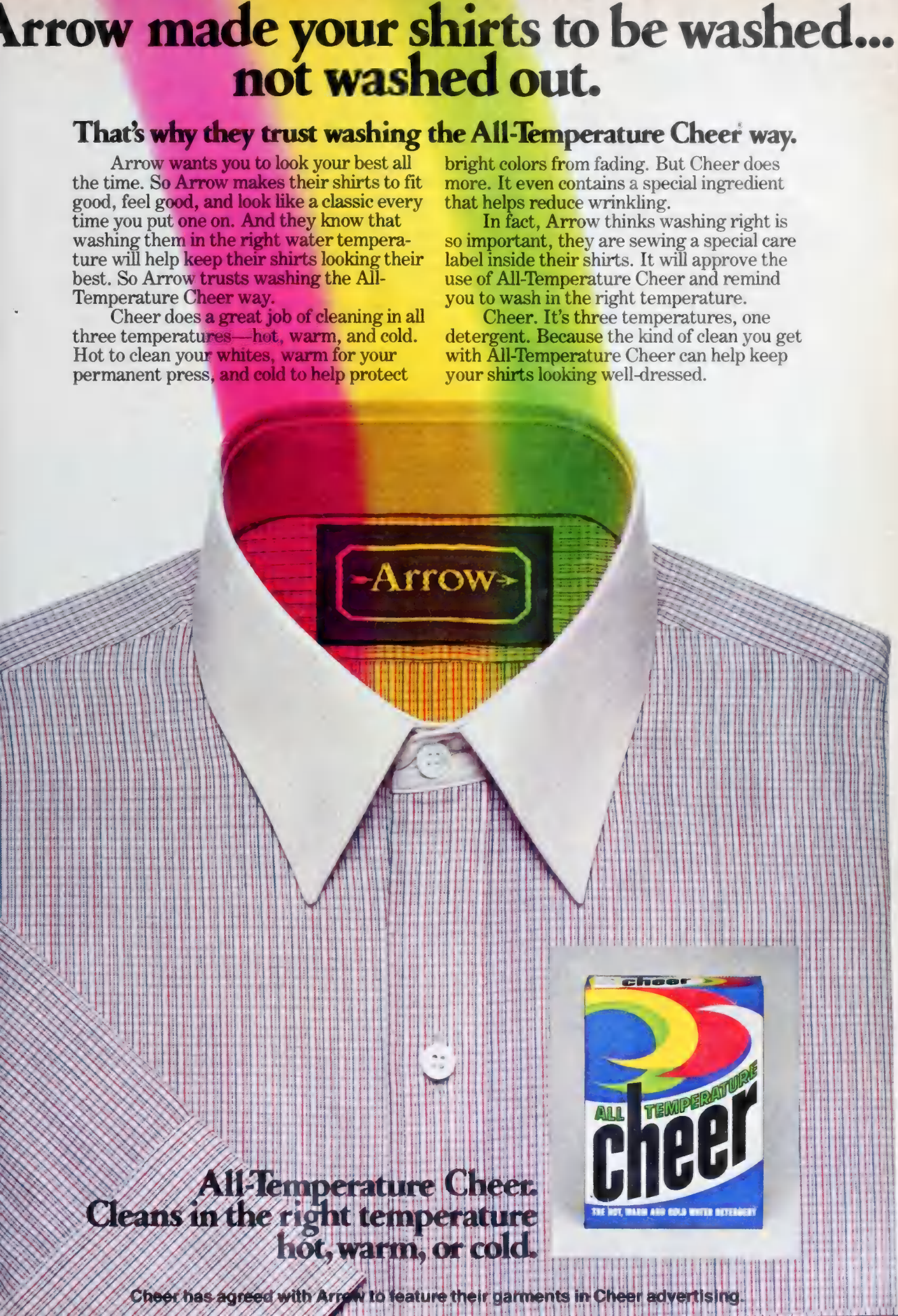
That's why they trust washing the All-Temperature Cheer way.

Arrow wants you to look your best all the time. So Arrow makes their shirts to fit good, feel good, and look like a classic every time you put one on. And they know that washing them in the right water temperature will help keep their shirts looking their best. So Arrow trusts washing the All-Temperature Cheer way.

Cheer does a great job of cleaning in all three temperatures—hot, warm, and cold. Hot to clean your whites, warm for your permanent press, and cold to help protect bright colors from fading. But Cheer does more. It even contains a special ingredient that helps reduce wrinkling.

In fact, Arrow thinks washing right is so important, they are sewing a special care label inside their shirts. It will approve the use of All-Temperature Cheer and remind you to wash in the right temperature.

Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help keep your shirts looking well-dressed.



All-Temperature Cheer. Cleans in the right temperature hot, warm, or cold.

Cheer has agreed with Arrow to feature their garments in Cheer advertising.

A Life Change

continued

dry, and he asked Marcie about her college courses and told her that she had her mother's eyes and eyebrows.

Marcie did not like his esophageal laugh, which seemed as if it were coming through an amplifier, but apart from that negligible prejudice, she thought him warm and pleasant. He had a sister in Cincinnati and a brother in San Diego. He himself had been born and raised in San Francisco and—Marcie had to smile covertly to herself at this disclosure—dearly loved sourdough bread. He had never married and had no other family.

The lunch flowed smoothly. Mr. De Page talked about frostbite, the Bermuda races and his boat and told everyone he loved flowers but was allergic to practically anything that grew and wouldn't even dare to step into Mrs. Feeney's greenhouse. He told some funny anecdotes, and Mrs. Feeney laughed extravagantly. She seemed suddenly an ingenue, capable of flirtatiousness, guile, accepting secret embraces. Sitting at her own familiar dining room table, she was an unfamiliar person, alternately silently reverent while Mr. De Page was speaking, or effervescing when he asked for a bit more of this "unbelievable stuffed cabbage" or "incredible home-baked bread." To be in love at 65 is as lovely as being in love at 25, Marcie thought, awed by the revelation. Mr. De Page seemed a colorful companion for her mother, a good choice. It was such luck.

That night, sitting together in front of the late news on television, Paul and Marcie discussed it. "He seemed awfully decent, didn't he?" Marcie said. She didn't mention his laugh. "He did make a good first impression," Paul agreed. When Marcie went to pick up Roddy on Monday afternoon, her mother took her into the kitchen. "I made a sandwich for you. Can you stay a minute?"

Marcie sat at the little wooden table under the window. She had sat at that table every day at lunch through her childhood, had come home from elementary school to sit in this chair at noon for how many years, how many sandwiches?

"Ah, grilled cheese. I shouldn't. After yesterday's feast, I promised myself only cottage cheese and carrot sticks."

"How do you think our lunch went?" Mrs. Feeney asked. Something else was new. Her hands were trembling.

"The lunch was wonderful. You outdid yourself, Mom."

Mrs. Feeney clasped her hands. "What did you think of Lawrence?"

"Seemed nice. Very nice."

"I think he is." Her mother lowered



her eyes. Shyly! Something more was coming.

Marcie waited, her sandwich suspended in midair. "Well, he's moving to Florida."

Oh, no. Marcie put down her sandwich. "When? Soon?"

"He's bought a houseboat. He's going to live aboard the boat. I understand it's a very elegant and large boat with all the amenities. Even a dishwasher, and a TV, everything. And Marcie, he wants me to come with him," she said.

A bombshell. "On the boat?" Marcie asked, in a tiny voice. She tried to picture her mother sitting on deck, wearing her navy blazer and admiral's cap.

Her mother nodded.

In the same tiny voice, Marcie said, "But you get nervous and seasick. You said—"

"Lawrence assured me I'd get over it. It's not like a little dinghy or anything."

Marcie's appetite vanished. She was in no mood for grilled cheese or her glass of milk. Leave the greenhouse Dad built? She pushed her plate away. "I can't picture you taking to sea, Mom," she said. "Do you *want* to go?"

"I don't know," her mother said. "I wanted to hear what you had to say."

"It's such a surprise, you've caught me off balance, Mom," Marcie said. Her mother, aged 65, was actually considering this? She tried to visualize her mother enthusiastically accepting Lawrence's sexual advances, but couldn't. Maybe it wasn't that sort of relationship?

"He wants me to give him an answer by the end of this week. I hardly slept last night, worrying about my decision." Her flushed face, her evasive, schoolgirl eyes gave it away. It was indeed that kind of a relationship.

"Mom, I don't know what to say," Marcie said, and Roddy appeared. He was rubbing his eyes, yawning and already getting tired-weepy. "I better get Roddy home for his nap," she said, glad of the interruption.

"Talk to Paul," Mrs. Feeney said, her eyes also, come to think of it, tired behind her marcasite frames. "I don't know what to do. It's a whole life change, isn't it?" she said.

That night, preparing dinner, Marcie talked aloud to herself. "Madness," she said, tearing the lettuce into bits. "Sixty-five years old!" Her mother had not spoken of marriage, had she? Probably an old-fashioned bounder, Mr. De Page. He was a bachelor, and that spoke volumes. If he hadn't tied a knot in 60-odd years, he certainly wasn't going to be nailed down now, was he?

Marcie shook the French dressing. Tomorrow, in the cold and rational light of another day, Marcie would sit *(continued)*

Make this light 'n fruity pie in just 8 minutes with fresh fruit, COOL WHIP® Topping, and any flavor JELL-O® Gelatin. Delicious. Refreshing. Easy.

1.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.

2.



Blend in Cool Whip® non-dairy whipped topping; then whip until smooth.

3.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish, if desired.

Light 'n Fruity Pie

1 package (3 oz.) JELL-O® Brand Gelatin, any flavor
⅔ cup boiling water
2 cups ice cubes
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 cup fresh fruit (sliced strawberries, peaches, bananas or whole raspberries or blueberries)*
1 packaged graham cracker crust

*Optional

1 can (8¾ oz.) apricots, sliced peaches, drained and diced, or fruit cocktail, drained.
1 can (8¼ oz.) crushed pineapple, drained



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A Life Change

continued

down with her mother, take her out to lunch and make her see how ridiculous the whole idea was. In a month or two, they'd even be able to laugh at the mention of "Grandma at Sea."

"I didn't like his laugh, Paul," Marcie said later, after she'd put Roddy to bed and she and Paul were having coffee.

"If your mother loves him and is set to go, I'm not sure we should interfere," Paul said.

"And let her mess up her life?"

"I don't know."

"She's my responsibility now," Marcie said.

She woke up the next morning with a heavy heart. She had arranged for Mrs. Muller to take Roddy so she and her mother could go to Pierrot's for lunch, and talk without interruption. Marcie had rehearsed her gentle talk; she would tell her mother in the kindest words possible that she must not pull up her roots and run off with Mr. De Page. "Imagine," she'd say, "trying to uproot Dad's hibiscus, transplant it in a strange new place with an alien climate. It would probably wither, wouldn't it?" A good analogy; her mother would listen.

She got up and went into the bathroom to shower. Paul and Roddy were asleep.

Good heavens. There along her inner arms—the same pink rash from which Roddy had recovered, dotting her skin right in the crease of her elbow and just beginning to itch. She hadn't had a rash like that since she was about ten years old. Emotional reaction probably; certainly not the hamburgers or salad she'd eaten last night. She went to the medicine cabinet. Had she bought lotion, as she'd intended to?

None here. Never mind, she'd borrow some from her mother later. Marcie closed the medicine cabinet and, without preparing herself, confronted her own face in the mirror. Little lines around the eyes, and the beginning of a dewlap under the chin. Not unattractive, still young and yet—mature.

But how mature? The little girl was gone, or was she? Wasn't a little Marcie still in there, behind that grown-up face, depending on her mother for a $10 loan, for lotion, for solace, support, for babysitting? She wanted to throw her arms around her mother and cry, "Don't go! I still need you!"

Maybe it wasn't so much Mr. De Page she wasn't sure of, but of standing on her own two feet at last. Growing up. Isn't that what was giving her a rash?

Marcie sat opposite her mother in the little restaurant with the stained glass windows and hanging plants.

"I've thought it over, Mom," Marcie said. "If you really feel you want to make this move, you should."

"I know it seems strange to you, Marcie. Lawrence and I seem so different."

"I did worry about that."

"But I have been lonely. Those long Sundays. The house with all those quiet corners."

Of course. If she didn't go with Mr. De Page she'd regret it always. If it didn't work out, there would be another house with quiet corners to come back to.

"And Lawrence and I love being together. We have fun. We're going to take up golf down there, and Larry is going to teach me how to fish. Also, I think I'm going to be the first person to try to grow tomatoes on a boat. But—"

"But?"

"He wants to marry me before we leave, and I don't know—"

"You don't *know*?"

"I'm not ready to make a decision now. I'm going to have to think hard about it."

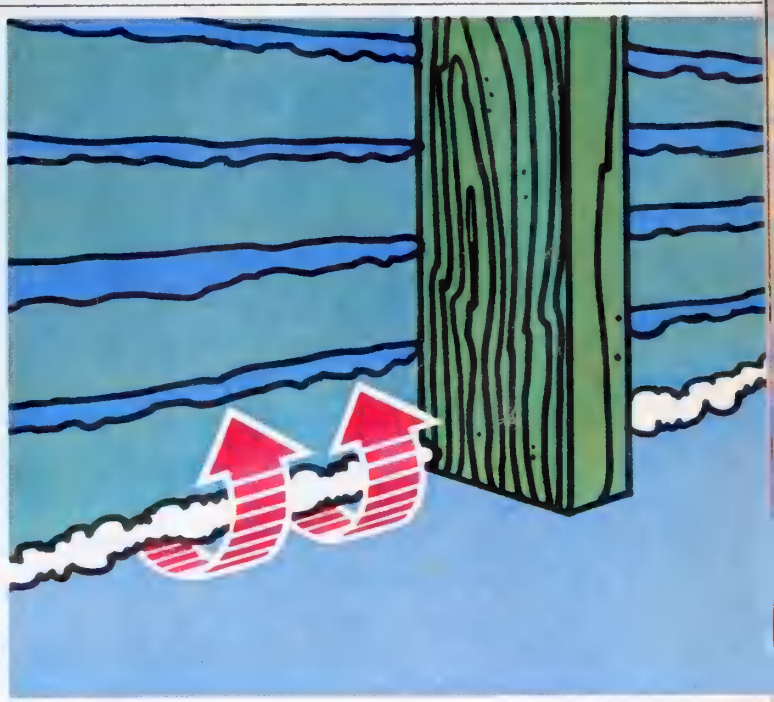
Could this be her own mother, born July 1, 1914, speaking?

"I'm really going to miss you," Marcie said, when she'd somewhat recovered, and she raised her glass of wine, although a little unsteadily, in celebration of her mother's life change.

And her own.

End





New Raid Crack & Crevice Spray kills crawling bugs where they hide!

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Over a million bacteria bombard his teeth with cavity-causing acid every day. Can you rely on just any toothpaste?

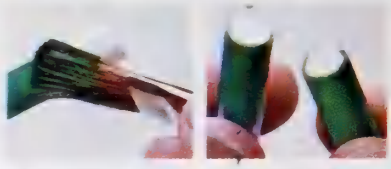


Colgate says "no"!
Teeth are constantly under attack. That's because the mouth is a natural breeding ground for bacteria which produce decay acids. Even tough teeth can have imperfections where decay can get a foothold. But it's a proven scientific fact that tooth enamel can be strengthened to resist cavities.

Colgate's fluoride strengthens.
Just as decay acids can penetrate enamel and cause damage, Colgate® with MFP® fluoride penetrates to strengthen tooth enamel and resist these acids. Regular brushing with Colgate can mean fewer cavities. This has been proven in test after clinical test.

Not all toothpastes are alike.
If your toothpaste doesn't have fluoride like Colgate does, you're taking chances with your children's teeth. A proven effective fluoride formula like Colgate should be part of your family's oral health program, along with regular dental checkups, watching sweet snacks, and thorough brushing with Colgate after every meal.

The clean in your mouth is Colgate.
Get Colgate for your family. The fresh, clean taste is rated number one among fluoride toothpastes by parents all over America. And it fights decay acids. Reduces cavities.



The Penetration Principle:
Painting a piece of chalk with colored liquid illustrates how, with regular brushing, Colgate's fluoride penetrates the surface of tooth enamel to strengthen it against decay.

Colgate helps stop cavities before they start.



Accepted Council on Dental Therapeutics American Dental Association

"Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.

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The charm of flowering houseplants that also offer sweet scents is hard to resist. Here is a collection best suited to growing in your home. By Virginie F. and George A. Elbert.

Perfume Plants

When it comes to houseplants, the only thing readers seem to want more than *flowering* plants are ones that also smell sweet. The combination, sadly, is not all that common. Take African violets, for example, the most floriferous of our houseplants, and the most popular—no smell at all. Begonias, the same, and the various (and currently popular) cactus. Pity. But don't despair. There are many flowering plants—from the heady perfume of gardenias to the spicy-scented geraniums—that offer the double bonus of flower and scent. We can think of no better way to perfume any room in the house than with one or a selection of these plants.

All of the plants we list are widely available, though in some cases not as easily as some of the commoner houseplants. Check around the better plant stores and garden centers in your area (in fact, a few of the plants we name are also sold as outdoor landscaping subjects). And, increasingly, seed and plant catalogs are listing these plants, which can be sent through the mail. Whatever little searching may be necessary is worth the effort.

The majority of fragrant plants are shrubs or vines that require much the same care. Rather than repeat ourselves, here are a few basic tips. The plants are suitable for either a cool or warm house. A cool house is air-conditioned or has a temperature range from 50° to 80°F. The minumum winter temperature of a warm house is 65°F. For potting, use five parts rich, acid, sterilized garden soil with one part of vermiculite and one part of perlite. Otherwise, use a packaged, soilless houseplant mix. Do not add lime. Keep the soil constantly moist. Fertilize with an acid, high-nitrate formula. Place plants in your brightest window—south is best, then west and east. We'll note any exceptions as we go along.

Abelia grandiflora. An outdoor shrub with numerous, insignificant white flowers that are fragrant. It has recently been discovered that it blooms for a long season indoors in a warm house although it can tolerate temperatures to 50 °F. or lower. It needs regular trimming.

Bouvardia longiflora. These shrubs, with clusters of lovely, long-tubed, white flowers, are related to gardenias and emit a perfume of the same type. They are ideal for a cool house with plenty of sunlight.

Citrus. As everyone knows, the flowers of orange and lemon trees have the sweet-tangy odor of the fruit. The dwarf trees for indoors, such as the Dancy Tangerine, our favorite, or the Otaheite Orange, etc., are common in plant shops. They tolerate a cool house.

Coffee Tree, *Coffea arabica*. Popular foliage plants whose small white flowers are richly fragrant. They require little light to bloom and are tolerant of temperatures down to 45°F.

Corn Stalk Plant, *Dracaena fragrans*. Popular as a foliage plant, it rarely blooms indoors. When it does, its spikes (two feet or longer) covered with small, waxy, yellowish flowers open and give forth an intense perfume at night. Let the plant have direct sunlight and high phosphate fertilizer in the spring and you have a good chance of inducing this unusual flowering. It requires a warm house.

Gardenia. Everybody would like to grow these heavily perfumed plants and many people do. But we hear constant complaints that they don't flower or that they die suddenly. If their simple requirements are met there should be no difficulty.

If you wish to have flowers the temperature must remain above 65°F. You'll notice that plants are rarely sold in bloom and that the ones in bud often refuse to flower once you bring them home. This is because gardenias in this condition hate to be moved. In order to have bloom later on, even if it hurts you to do so, you must cut off all the buds. In fact, since gardenias bloom best in winter, any buds developed during the summer (continued)

Perfume Plants

continued

should also be removed. The plant will reward you well for your sacrifice. Maintain constant moisture. Fertilize from August on with high-nitrate formula once a week. During summer, in addition to disbudding, cut off every second new joint that grows. This will encourage branching and many more blossoms. Bright reflected light is best.

Geraniums, scented. No other plants emit such a variety of aromas as the scented geraniums. Brush your hand over a few of the leaves (it's the leaves, not the flowers that smell), and a room will be filled with the perfume. As foliage plants a number are very beautiful, for the leaves are often much lobed or dissected. Flowers occur frequently only in very sunny windows or in summer if the plants are put out in the garden. They are small, single and usually white or pink, often with darker colored splotches or spots. They do well in a cool house, but most are more tolerant of heat than the old-fashioned garden geraniums.

We always grow the rose-scented Dr. Livingston *(Pelargonium radens)*, which we develop as a bonsai specimen by nipping off the young leaves at the top. In time, it develops a thick trunk and a leafy umbrella shape. A small pot helps keep it dwarf. *P. denticulatum* and *P. filicifolium* appear similar but have a piny odor.

We also like the Staghorn Oak, *P. quercifolium*, with an indefinable, pleasant pungency. It is a trailer for a basket and produces very pretty pink flowers. Fair Ellen, named after Mary Ellen Ross of famous Merry Gardens, has larger leaves.

Very popular are the members of the lemon-scented group that are varieties of *P. crispum*. They are cooler growing plants. Almost everyone's favorite is Variegated Prince Rupert, which has half-inch, crimped leaves with a yellowish white border on very short stalks. *P. crispum* Orange has showy flowers and a more intense odor.

The hairy peppermint geraniums derived from *P. tomentosum* are large-leaved on long stalks and like to sprawl in big pots. They also are cool growers.

Another beautiful variety is *P. logeei*, named after Logee's Greenhouses. The leaves are glistening and velvety, and the odor is a startling combination of apple and spice. The cocoanut geranium is a delightful dwarf, many-branched little plant. It produces insignificant white flowers always followed by great numbers of the ornamental, candle-like seed pods. There are geraniums described as lime, ginger, southernwood, nutmeg, apple, etc.—in fact, an almost endless number of different scents.

Study the catalogs and shop at nurseries where you can pick up, one by one, different scented geraniums. A few are carried by the big mail-order plant and seed companies.

All these geraniums do best in a soil made up of three parts sandy garden soil to two parts vermiculite and one part perlite. Good drainage is essential. Feed a formula low in nitrate and high in phosphate and potash two or three times during the summer and perhaps once in winter. Dry out a bit between waterings. There are no problems with insects.

Hoyas. The wax plants have lovely hanging clusters of waxy or glassy flowers that are sweetly perfumed. Our choice is Hoya Bella from India, because it is a lovely little shrub, rather than a vine, with stiff, opposite leaves on gracefully arched stems. The flowers seem to be made of pink and white glass beads. The plants require a warm house, sunlight and a soil mix containing lime.

Variegated Wax Plant (Hoya *carnosa variegata*), and its variations, including the Hindu Rope Plant, are slow growing basket plants or vines. Specialist nurseries carry dozens of other species. A real charmer is *H. lacunosa*, which has slender stems and complicated fuzzy flowers. The easiest of all to get to bloom.

Jasmine. Our favorite is Arabian Jasmine, *J. sambac*, which is the one used in flavoring teas and that adapts best to indoor conditions. We believe that our variety is Maid of Orleans. It is a strong vine with three-inch leaves and white, six- to eight-petaled flowers that grow in clusters. Our plants bloom all year round and visitors notice the sweetness of the perfume as soon as they enter the apartment. We keep some plants pruned in deep four- or five-inch pots while one, in a much larger container, is allowed to clamber on an aluminum trellis in a south-facing widow. The flowers of the smaller potted plants are an inch across, but the trellised plant produces blooms that are almost twice as large.

The variety Grand Duke of Tuscany has a large, double flower, but is more difficult to grow. Of the other true Jasmines the best is *J. grandiflorum*, the Royal Jasmine, a much more delicate looking plant, with leaves consisting of seven leaflets. It is sometimes sold as the Poet's Jessamine, *J. officinale*, which requires a cool house. Also cool growing is *J. mesneyi*, the Japanese Jasmine, whose flowers are yellow. *J. nitidum*, the Windmill Jasmine, has narrow, pointed leaves and the flowers have curved petals.

The leaves of the Night Blooming Jessamine, *Cestrum nocturnum*, are four inches long and the long-tubed, white flowers are hardly noticeable. Flowering is occasional throughout the year. The plant is less attractive than others and should be pruned drastically.

The Carolina Jessamine, *Gelsemium sempervirens*, is a wiry little vine that bears bright yellow bell flowers during summer that exude an intense sweet odor. In winter the leaves usually stay on, but flowering is unlikely.

The Confederate Jasmine, *Trachelospermum*, is a rampant vine with glossy foliage and jasmine-like white flowers. It requires coolness in winter, when it rarely blooms.

Kaempferias are relatively small plants of the ginger family with attractively marked leaves and stems that are short or absent. At the base of each leaf there are flat, four-petaled white, pink or bluish flowers that are fragrant. They are easily grown in temperatures over 65°F. and do not attract insects. They usually go dormant in the fall and should be kept dry in a warm place. A good soaking will revive them in the spring. Some of the plants stay green all winter.

There are several attractive species, of which we prefer *K. atrovirens*, the Peacock Plant, and its dwarf, *K. roscoeana*. The leaves are interestingly marked and somewhat iridescent. *K. galanga*, sometimes sold as *K. masonii*, is also good.

Natal Plum, *Carissa grandiflora*. It is used in Florida for hedges because of its long spines, thick branching growth, large, fragrant white flowers and beautiful red fruits from which jellies and preserves are made. There are also dwarf varieties that are much prized by bonsai hobbyists. It grows in sandy soil of one part peat to two parts vermiculite and one part perlite, or with sand replacing the perlite. Give maximum sun for bloom.

Persian Violet, *Exacum affine*. Dark lavender, sweet-smelling flowers with long bright yellow stamens cover this eight-inch, fleshy-leaved plant from the time of its first budding until it dies about a year later. Easily grown from seed in four-inch pots, it is one of the most ornamental of indoor flowering plants. Start at any time of year in soilless mix with two tablespoons of lime to the quart. It requires a warm house.

Roses. Some of the miniature roses are fragrant. If you have a cool house and know a way of combating mites for whom the roses are a favorite meal, you can easily grow these charming plants.

Stephanotis floribunda. A rampant vine for a cool house that produces clusters of long, waxy-white, fragrant flowers. It must be grown on a trellis in bright sunlight.

Surinam Cherry, *Eugenia uniflora*. A shrub with oval leaves and white, half-inch flowers that requires a warm house and plenty of sunlight.

Reviewing this list of plants, it is an interesting fact that almost all bear white flowers. Only among the roses and a wide choice of fragrant orchids do we find colorful blooms. But orchid culture is very special and therefore we have not included them. The list is long enough to provide anyone with either a warm or a cool home plenty of plants that are superbly fragrant and easy to grow. **End**



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SCALES AWEIGH

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1

2

3

4

5

6

7

8

Photograph by Andre Gillardin

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SCALES AWEIGH

continued

Once upon a kitchen, every countertop had a scale. In yesteryears' recipes, ingredients were measured in ounces and pounds (by weight), not in today's tablespoons and cups (by volume). Actually, the old method was smarter and more exact. For instance, a cupful of flour can vary a great deal depending on whether it is sifted light or packed down tight. Yet a specified number of ounces or grams of flour means precisely that.

The two most common types of home scales are balance and spring. Balance is the simplest (like a seesaw)—with a premeasured weight on one end and a sliding counter and scoop (tray) on the other. The spring scale registers how much its concealed spring is depressed by a weight.

A caution: Since springs can go out of kilter, it's important to purchase a spring scale from a reliable manufacturer. In fact, the theory is that having an "off" scale can cause more trouble for the quality of final results than having none at all.

Scales, like thermometers, are fragile instruments. Do not drop! Store in a readily accessible place, not crowded and out-of-danger. Periodically check the accuracy by weighing a standard-sized packaged food, such as a 1-lb. box of salt or 5-lb. bag of sugar.

Other scale features to look for: readable dials, small divisions in degrees (marked by ¼ oz., 5 gm.), easy to clean, and, if you're judging with an eye on appearance, streamlined design. **End**

QUIET PEOPLE

By Sandra Gales Shapard

We're quiet people
you and I
our hoots and hurrahs are often felt
sometimes expressed
usually within ourselves
you and I
my quiet friend.

We're private people
you and I
our exclusions aren't intentional
our inclusions are
sometimes even singular
you and I
my private lover.

We're calm people
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storms are morning after
suns are warming
you and I
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The biggest difference is the lower price.

Over the years, pets by the score have climbed aboard the Caras family ark. Here, from our resident expert, three encounters of a curious kind.

By Roger Caras

Animal House: Memories of a Home Menagerie

Dogs and cats, of course (ten of each), plus a not-so-predictable assortment of short-term visitors—that's the average animal inventory in the Caras household. People always assume that Jill is the long-suffering wife, patiently putting up with all *my* pets. In fact, though, I am the only sane one in the family. If it weren't for my sense of moderation, we would have 20 dogs, countless cats and a never-ending guest list.

Babies that bite. Wild animals, we feel, belong in their natural habitat—they should not be kept as pets. But we broke our own rule back in 1965, when we acquired the infamous Ick Brothers. I was working at a film studio outside London, and one day a young lady on the production staff showed up with a rusty little canary cage. In it was an African bush baby, a tiny, squirrel-like relative of the monkey. He was a pitiful specimen. Bush babies love to leap, but there was no room for that in his pint-sized prison. I felt so sorry for the big-eyed little beast that I offered to buy him. Later on, I thought, he could go to a zoo. And that is how Frederick came to the Caras household.

At first, all seemed well. Jill fed Frederick a diet prescribed by the London Zoo, and though he cost us a fortune in fresh imported fruit, the results were worth it. His tail filled out, he developed a miniature pot belly. And he did plenty of leaping, flying off the tops of picture frames to land on our shoulders.

Then I got a second visit from the lady at the studio. It was like a rerun of the first, only this time the cage held *two* bush babies. There was nothing for it but to take Patrick and Broderick home as well. Now that we had a trio, we came up with a name: the Ick Brothers. That name spelled trouble.

After conferring at some length, the three bush babies decided that their natural high spirits deserved full expression. In short, they became monsters. Their tiny toes left a moist trail across walls and mirrors, picture frames and people bore the marks of their sharp little teeth. And they terrified our Saint Bernard.

The Ick Brothers rampage continued on our trip home to New York, aboard the ocean liner *Ile de France*. Though the cage was covered with warning signs, the sailors refused to believe that those "sweet little bush babies" would bite. Soon the ship's infirmary was doing a booming business in tetanus boosters and antibiotic shots. For the crew, bandaged fingers became a badge of courage. For us, it was a relief when the brothers found a new home in the Bronx Zoo.

Ruffled feathers. There couldn't be anything ferocious about a pair of peach-faced lovebirds—or could there? These two were loaned to me for a television show, then, with unexpected generosity, the owners urged me to accept them as a gift. It didn't take long to see why. In the case of these two birds, the very name *love* was a mockery.

No one in our household, person or pet, was safe from the fearsome twosome. One day, while their cage was being cleaned, a cat slipped in unnoticed. Before long, it was cowering in a corner while the two lovebirds, like helicopter gunships, hovered menacingly overhead. Then there was the time one of the peach-faces got loose. A cat promptly pounced, but dropped its prey when the bird sharply protested. Amid the ensuing chaos, Jeremy Boob, our golden retriever, happened by and did what comes naturally to his breed: He picked up the lovebird and, as ordered, brought it to my wife. But the peach-face, having survived two sets of dangerous jaws, was taking no chances: One bite, and Jill's hand was a bloody mess.

Wistful waif. Not all our animals bite, of course. No dog could have been gentler than Brigitte, yet this dainty toy poodle was a rejected pet—the man of the house had decided she didn't suit his *macho* image. Dorothy, his wife, loved the dog and was grateful when we offered to adopt her. But there was one problem, she cautioned: Brigitte, it seemed, hated cats.

When Brigitte moved in, however, there was no trouble at all. A month passed. "What do you suppose made Dorothy think Brigitte hated cats?" Jill asked me one evening. Then, on impulse, she tried an experiment. "Brigitte, there's a cat!" she cried.

Brigitte flew off the couch in a rage and ran to the window, barking. On her way she passed two sleeping cats, yet she took no notice. While this dog hated the word *cat*, she had no idea what it meant!

Brigitte lived on with us for years, making many feline friends. She never knew they were cats, though—and we never enlightened her. **End**



Illustration by Bob Jones

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EXPIRES

Your Family's Health

Ugly nails can now be restored to health. Deafness can be detected in day-old infants. There's new hope for psoriasis sufferers. . .plus more.

By David R. Zimmerman

NAIL RESTORATION. When a nail on your finger or toe becomes discolored or misshapen, a yeast or fungal infection of the nail bed is often the cause. Because there is no effective way to medicate the skin under the nail, this unsightly condition can persist indefinitely unless the nail is surgically removed—a painful and costly process.

A surprisingly simple cure has been brought to the U.S. from the Soviet Union by Stanford University dermatology chief Eugene M. Farber, M.D. First, an ointment containing the chemical urea is applied to the nail for a week or so. "It makes the nail softer than putty, so you can just pick it out," he says, adding that this is painless. Then the exposed area, which hardens within 24 hours, can be treated with drugs that kill the infection. Within months, a healthy new nail grows out.

Dr. Farber has been flooded with requests for more information, so he and his colleagues have written a medical instruction sheet. For a copy, ask your doctor to write: Your Family's Health, Ladies' Home Journal, 641 Lexington Ave., N.Y., N.Y. 10022, enclosing a self-addressed, stamped envelope.

DEAFNESS IN INFANTS. If parents were aware that their infant was born with a hearing problem they could find ways to communicate without speaking. They could also take advantage of alternative methods to teach their child to talk during the optimal language-learning period, which is between the ages of three months and three years, explains F. Blair Simmons, M.D., chief of otolaryngology at Stanford, in Palo Alto, Calif. But usually hearing difficulties are not detected until after the child is two years old. So he has developed a test, called the *crib-o-gram*, that can spot a hearing problem as early as the first day of life.

It may not be possible, or necessary, to test every infant, according to Dr. Simmons. Deafness is extremely rare in normal, healthy babies—about one in a thousand. Yet one in every 50 infants treated in neonatal intensive care units turns out to have a major hearing loss, which could be due to oxygen starvation during labor and delivery. The doctor recommends that these high-risk babies be given a crib-o-gram, which measures slight changes in movement, heartbeat and breathing before and after test sounds are emitted from a microphone placed in the crib.

PSORIASIS THERAPY. Many victims of psoriasis, a scaly, itchy skin disorder, know they suffer less in summer than in winter. So heat therapy is now being explored by Stanford skin researcher Elaine K. Orenberg, PhD, and her co-workers. Small psoriatic areas on the skin of a dozen patients were treated with six to ten half-hour heat applications calculated to raise the subsurface temperature to 110°F. The majority of heat-treated areas healed completely, although in many cases the disease eventually returned.

Dr. Orenberg does not yet recommend heat-emitting devices for the relief of psoriasis. Nevertheless, dermatologist Eugene Farber, M.D., her chief, says he often advises patients to take warm baths, using ordinary bath oils, to prevent skin from drying out.

SPINE STRAIGHTENING. For unknown reasons, the spinal deformity scoliosis (cause unknown) strikes more teen-age girls than boys. But sensitive new measuring methods show that while everyone sways slightly when standing erect, scoliosis sufferers seem to sway more, perhaps because of a postural control defect in the brain, says Stanford orthopedist Eugene E. Bleck, M.D.

Until now, body braces, worn throughout the day, were the principal therapy. Although they may stop curvatures from progressing, follow-up studies show that braces rarely straighten the spine. One experimental method requires the implantation of electrodes under the skin so that trunk muscles can be stimulated periodically with small electric shocks. The hope is that this trains the muscles to hold the body upright. Now the method has been refined: Imperceptible electric charges are delivered to the muscles through skin electrodes once a minute during the eight hours a patient is asleep. There is no surgery, nothing is implanted in the skin and body braces are not worn.

Dr. Bleck believes it's still too soon to know if this method is as effective as braces, or if it will permanently straighten curved spines. His patients are part of a nationwide study being conducted to answer these key questions.

SKATING INJURIES. The roller skating revival took off a few years ago and, naturally, the number of skating accidents has also taken off since then—injuries have more than doubled, according to the U.S. Consumer Products Safety Commission. What's surprising is that women are bearing the brunt of the spills.

Two-thirds of the 130,000 skaters requiring hospital emergency room care last year were women and girls, and federal officals don't know why. Perhaps more women than men are skating. Or perhaps women's bones, which are smaller, are more vulnerable to high-impact crashes. Safety experts do know that the most commonly reported injury is a broken bone and the most commonly injured body part is the wrist. Fractured, sprained, strained or scraped ankles and elbows are also frequently reported.

Injuries stem, in part, from skaters' attempts to break falls by stiffening their arms. Orthopedists suggest that skaters bend their elbows as they fall in order to cushion the blow to the arm bones. Another tip: Aim for a soft spot to land on and always try to roll—not slide—to dissipate the force of a fall. **End**

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You and Your Money

What you are really buying when jewelry is labeled 14K. IRS's more liberal view about Medicare payments and dependency deductions. The best way to pay for mail-order goods.
By Sylvia Porter

What's the difference between "karat" and "carat" used in gold and diamond jewelry?
The karat mark (K) identifies the percentage of gold in an item. If an item were to be marked 24K, it would be made of 100 percent pure gold. However, pure, solid gold is too soft to be used by itself as jewelry. Pure gold must be alloyed with other metals for strength and hardness.

If a piece of jewelry is marked 14 karat, or "14K," it has 14 parts of pure gold to ten parts of alloy. If the jewelry is 18 karat gold, it contains 18 parts of pure gold to six parts of the alloy. Nothing less than ten karats can be called "gold," or "karat gold," under U.S. government regulations. England allows the sale of 9K "gold" jewelry, while nothing less than 18 karat can be sold in other countries, such as France. Many experts agree that below ten karats, the metal loses the special characteristics of gold.

Carat is a weight unit for diamonds and other gems. It comes from "carob," the name of a tree whose seeds were used in ancient bazaars to balance the scales because they were so uniform in weight. The metric carat of 200 milligrams is standard in most of the world.

What are the maximum storage periods in my refrigerator at 35°–40°F. for broiled chicken and turkey; bacon; sliced ham?
For peak flavor: broiled chicken and turkey—1 to 2 days; bacon—7 days; sliced ham—3 days.

I regularly contribute $4,500 a year to the support of my elderly mother, which with the Social Security benefits she gets gives her $8,500 a year and gives me a dependency exemption for her. On my 1979 income tax return this would come to a $1,000 deduction for me. Last year, though, my mother fell, broke her hip and was hospitalized. She received Medicare benefit payments covering both her hospital and doctors' bills. Her $600 of Medicare reimbursements for the hospital costs plus her Social Security benefits came to more than my contribution of $4,500. Does this mean I lose my valuable $1,000 dependency deduction for her?
Not any longer! The IRS has now taken a much more liberal view on Medicare payments to a parent supported by a child and your $1,000 is "safe." Go right ahead and claim it.

You must contribute more than half of a person's support for the year to claim that person as a dependent, and clearly, your $4,500 contribution in 1979 is more than half of your parent's total support of $8,500 for the year.

What's the effect of pollution-control devices and government-mandated safety rules on the price of an American-made car?
The pollution controls add between $185 and $500 to the average price of a United States-made automobile. Official opinion is divided on whether the addition to the price tag is at the bottom or top of the range.

To help finance our still-young son's college education, we want to give him cash, starting on his birthday in May, 1980, which we'll then invest for him in securities we consider the best for growth until 1990. How much can we give him without paying any gift tax each year?
Under the gift-tax law, up to $3,000 a year, each year, without paying any gift tax. If you and your husband join in giving the gift, your annual gift-tax exclusion is $6,000, even though only one of you actually makes the gift.

I find myself buying more and more of my gifts through mail order catalogs. What's the best way to pay for the merchandise?
By credit card or a personal check—and I prefer a credit card, because if you are not satisfied with what is sent by the company, you simply can refuse to pay your bill. Let the credit card company know what has happened (in writing), and the company should go to bat on your behalf so it won't get stuck with the tab. Of course, never send cash, or even a money order. It's not only unsafe, but makes it impossible for you to delay payment until you have received your order and decided you are satisfied.



My husband and I are having a running argument about whether or not a woman who reaches the executive level is more likely to quit for another job than a man. Do you have any facts?
All studies have shown that women are no more likely than men to leave their management jobs once they've won them, but the men at the top are so unaccustomed to seeing women executives quit jobs at all that they *(continued)*

Illustration by Oni


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Sylvia Porter

continued

exaggerate even a modest turnover. A recent survey of 40 corporations employing women managers earning more than $30,000 yearly revealed that only two out of the 40 reported a higher job-hopping rate among women than men. But these two companies employed women in technical occupations where the demand for women is far greater than the supply.

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Ask the local credit bureau that has a file on you under your maiden name to switch your past credit history to your account under your married name. And also ask the bureau to make your past credit history (now correctly labeled) available to any and all creditors to whom you apply for credit. **End**

Journal Shopping Center

FASHION: THE NEW PANTS: A LONG AND SHORT STORY

PAGE 104: Left: REGINA KRAVITZ rayon shantung pants and "camp" shirt available at Saks Fifth Avenue, all stores. **Right:** CATHY HARDWICK wide legged, striped pants; T-shirt and cardigan jacket at Bloomingdale's, N.Y.C.; The Higbee Company, Cleveland; J.L. Hudson, Detroit; Macy's Shop on Union Square, San Francisco; Bullock's Westwood, California; Frederick & Nelson, Seattle.

PAGE 105: Left: IRIC TRAC violet jumpsuit with zipper detail available at Zoom, N.Y.C.; Sweet Fanny Adams, Philadelphia; Alene-A New Woman, North Miami Beach; Ultimo, Chicago; Yarmo, Berkeley, California. **Center:** ST. MICHEL shorts and embroidered short sleeve shirt available at Macy's N.Y.C.; Macy's Shop on Union Square, San Francisco; shirt available at Jordan Marsh, Boston; Bamberger's, N.J.; Kaufmann's, Pittsburgh; Thalhimer's, Virginia; Burdine's, Miami. For more information contact: Philip Mehta c/o St. Michel, 1407 Broadway, New York, N.Y. 10018. **Right:** IRKA pleated shorts and button front blouse available at Ann Taylor, N.Y.C.; Montaldo's, all stores; shirt available at Burdine's, Miami.

Page 106: Left: ADINI harem pants and short sleeve blouse at Fashion Cargo, N.Y.C.; Spectrum India, Boston; Batik Walla of Georgetown, Washington, D.C.; Presence, Chicago; Spectrum International, Atlanta; India Imports of Santa Monica, Calif.; Incaland Collector's Gallery, Tacoma, Wash. **Right:** PERRY ELLIS mulcalf pants and camisole available at Charivari, N.Y.C.; Caron Sherry, Mayfair in the Grove and Coral Gables, Fla.; Neiman Marcus, all stores; Ultimo, Chicago.

Page 107: Left: DON SAYRES V-neck cotton knit sweater and pleated Bermuda shorts available at Maison Mendessolle, N.Y.C. and San Francisco; Ballets, Oklahoma City. **Center:** WILL WEAR button-front blouse and Bermuda shorts at Ann Taylor, N.Y.C. and selected stores. **Right:** LOIS ANDERSON FOR LANNERWAY twill Bermuda shorts and double-breasted blazer available at Saks Fifth Avenue, all stores.

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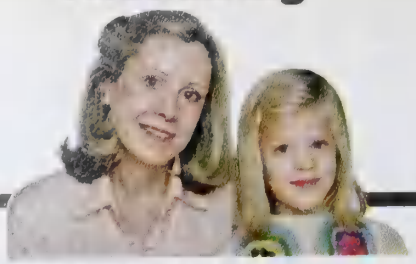
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By Geraldine Carro

What Do You Do for a Whiz Kid?

How can you tell if a child is a wizard? Some expert advice on the care and feeding of a child who may be brighter than his elders.

As the baby utters his first *ma-ma* and *da-da*, we surge with pride, convinced that our offspring is a genius. But what if he or she really were? Imagine your child's early attempts at speech blossoming into a 50-word vocabulary *at the age of five months*, as in one extraordinary case. Or what if your two year old were to surprise you by reeling off such terms as *pancreas* and *esophagus*, along with the other parts of the human anatomy? If your five year old suddenly were to do complex fractions in his head?

When your child is more brilliant than you bargained for, you may be proud, but, says Gina Ginsburg whose son, Matt, was the five-year-old fraction whiz, "You worry incredibly."

Like the parents of most exceptionally bright children, Gina Ginsburg knew that Matt's abilities were unusual, even before his IQ was tested. But when the score came back at an astronomical 185, she panicked. "I was afraid that I wouldn't be able to give Matt what he needed," she recalls. Although she immediately enrolled him in a series of after-school classes to supplement his kindergarten activities, she continued to worry about whether he was receiving adequate mental stimulation. She worried, too, that he would have no friends because he so far outpaced the other kids. In all, she worried so about her son, she says, that she really didn't allow herself to relax and enjoy motherhood.

Raising a whiz kid certainly has both pleasures and unique pressures. It can be exciting, yet disconcerting to bring up a child whom you may feel is smarter than you are. And, even more important, parents feel the weighty responsibility of helping their exceptional children realize their exceptional potential.

In theory at least, the future for super-bright kids is a bright one. Contrary to the old myths about brilliant misfits, today's studies show that the most gifted youngsters are often the class leaders and the most popular students in school. In later life they are likely to achieve outstanding professional success, and many make significant intellectual and artistic contributions to society. Yet sadly, a sizable portion of these children never do realize their great potential; instead they become underachievers. Today's school dropouts aren't just the "dumb" kids, they're often the smart ones, too.

One reason that very bright children sometimes fail to fulfill their promise, say education specialists, is that they are handicapped. In our egalitarian society, special youngsters don't always get a chance to develop their specialness. Teachers may resent them because they're too smart and ask too many questions. And because they may work faster than their fellow students, gifted children sometimes are neglected while teachers turn their attention to the slower students. Moreover, gifted children often feel that they should hide their light under a bushel so as not to seem different from the other kids. "Bright kids need help, too," says Gina Ginsberg, who heads the Gifted Child Society in New Jersey.

Super-bright youngsters don't "fit the system," says Dr. Halbert Robinson, director of the Child Development Preschool for Gifted Children at the University of Washington, in Seattle. This means that their parents have added responsibilities in seeing that their educational needs are met. Ideally these efforts should begin before a child even reaches school. As most educators in the field, he believes that a good learning environment is crucial during a child's first four years, when the brain is developing at its most rapid rate. If you think your preschooler is gifted, he says, it's a good idea to have this corroborated by a psychologist. "If you're going to do an effective parenting job, it's important to identify a child's skills and provide nurturance in those areas."

By and large, however, parents are fairly good at spotting their youngster's specialness. By the age of two, hints of unusual abilities generally begin to show (although not usually so dramatically as in the case of Michael, the remarkable child in Dr. Robinson's program who could speak 50 words at five months). To help identify gifted *(continued)*

For more help and information . . .

***Office of Gifted and Talented, U.S. Office of Education, Donohoe Building, 400 6th St., S.W., Rm. 3835, Wash., D.C. 20202.**

***The Council for Exceptional Children, Gifted Packet B, 1920 Association Drive, Reston, Va. 22091. Cost: $1 (Council also publishes an excellent book, *Your Gifted Child and You*, by Felice Kaufman.)**

***National Association for Gifted Children, 217 Gregory Drive, Hot Springs, Ark. 71901. (Also publishes *The Gifted Child Quarterly*.)**

***The American Association for Gifted Children, 15 Gramercy Park, N.Y.,N.Y.10003 Send a self-addressed, stamped envelope.**

****How To Help Your Gifted Child: A Handbook for Parents and Teachers*, by Gina Ginsburg and Charles Harrison, New York: Monarch Press, $4.50.**





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Mothering

continued

children, HEW's Office of Gifted and Talented offers parents a useful packet of information (see box on page 152). That packet cites some of the behavior that is typical of unusually bright children. They may:

- *Use advanced vocabularies.*

Most children at age two will say, "There's a doggie." A gifted two year old might say, "There's a brown doggie in the backyard and he's sniffing a flower."

- *Be very observant and curious.*

A gifted child might ask why transparent tape is sticky on one side only.

- *Remember well.*

Parents are often amazed by a gifted youngster's recall of past experiences.

- *Have unusual powers of concentration.*

A one-year-old gifted child may be able to listen for five minutes or more to a story being read to an older sibling.

- *Exhibit an understanding of complex, abstract concepts.*

A four year old, while looking at an animal picture book, might comment that animal mothers and babies look a lot alike except that the baby is smaller.

- *Have a broad range of interests.*

A gifted child is apt to develop a passionate interest in dinosaurs one month and in railroad cars the next.

Today's educators rely less exclusively on high IQ scores to define giftedness. Although an intelligence score of 125, 130 or over marks unusual intelligence, experts are now just as interested in how well a child performs as in how he tests.

The U.S. Office of Education defines five areas in which a gifted child is likely to excel: general intellectual ability; a specific academic talent such as in math or science; creative or productive thinking; leadership ability; talent in the visual or performing arts. Gifted children, say the educators, typically exhibit talent in one or more areas. "Gifted and talented children," says Gina Ginsberg, "do things a little earlier, a little better, a little more quickly and a little bit differently from other children."

Those who deal with gifted children—both parents and professionals—say that these youngsters need extra educational nourishment, but little is available. The government earmarks only about $6.3 million annually for the education of the gifted as opposed to $600 million for handicapped children.

Gail Robinson, of the American Association for Gifted Children in New York, advises parents to supplement their youngsters' education. Trips to libraries and museums are helpful. So is enrolling gifted children in extracurricular classes. Parents should also investigate honors classes and programs for gifted children in some school systems.

Says Gail Robinson, "Gifted kids aren't a popular political issue. You can't parade a bunch of gifted kids before legislators and expect much sympathy."

Increasingly, the parents of gifted children are fighting for their youngsters' educational needs. One such parent is Ronald Irwin, whose son, Tommy, could name all the parts of the body by the time he was two years old. Tommy's schoolwork, however, was consistently poor, and his teachers labeled him as "learning disabled." The Irwins questioned this diagnosis and hired an educational psychologist to test Tommy. It turned out that he had an IQ of 169. "Tommy wasn't learning," explains his father, "because he was frustrated and bored to tears."

Now Ronald Irwin is suing the McHenry County School District in Illinois for one million dollars in damages, charging "educational malpractice." He hopes to establish a legal precedent that will force school systems to increase spending for gifted kids.

End

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WOMEN in the 80's

Sex And You: A Special Report On Intimacy And Childbearing

Many say, after the me-decade of the 70s, most likely the 80s will become the us-decade. Nowhere in *Ladies' Home Journal*'s continuing series of seminars on "Women in the 80s" has this been more apparent than in our experts' predictions about sexual attitudes and reproduction. The sexual freedom of the 60s and 70s may have been stimulating; it did not always fill all our needs. Emphasis on experience and performance did not include what most women seem to want first and foremost: *a relationship.* So the pendulum swings, and with kaleidoscopic clarity, new sexual attitudes emerge.

Geraldine Carro writes the *Journal*'s column, "Mothering." This month she also presents, in five articles, a synthesis of our panelists' views as well as their predictions of the amazing techniques that will be available for having "better babies." The timetables for these children of the future may surprise you. The sex education they will receive may disturb you. The effect of women's jobs on their sex lives and the amount of equality in the bedroom are new developments for you to read. But throughout these extensive conversations you will hear the theme of sexual sensitivity—women braver, surer with the men they love; men softer, kinder; both more accommodating to the needs of the other. On this hopeful note the us-decade begins.



Sherrye Henry, director, "Women in the 80s" program

Sex and Intimacy: The Changing Face of Love

The focus of our lives is changing, say the experts, and so are we.

As futurists look at the 80s, they see women spending less time in the kitchen and more time in commuter trains and car pools. By the end of the decade, they predict, only one married woman in four will be functioning as a full-time homemaker. The rest of us, an estimated 33 million, will be out in the work place.

As we move out into the world, we will return home from work somewhat different women, say our panelists. We will be more assertive, more self-confident, more vital—and more tired, too. How will these changes affect the men in our lives? What is the future of love in the two-paycheck marriage—the union of the 80s?

"Women who work are coming into the sexual sphere in a whole new way," says *Journal* panelist Laura Singer, a psychotherapist and marriage counselor. "They feel more stimulated, more vital. They've been exposed to other men at work, which enhances their feelings of attractiveness. They have a greater sense of self-esteem, which means that they're going to be more demanding in bed."

Does this suggest that we'll be making love more often? Panelist Shirley Zussman, a sex therapist, isn't so sure. "The stimulation of holding a job is wonderful," she points out, "but it's exhausting, too." Wives will be coming home from the office, she suspects, feeling as tired as their husbands do. Planning the big spring advertising campaign or answering a frenetic office telephone all day can dampen anyone's ardor—male or female.

> ***If a woman comes into a marriage relationship from a work situation in which she has been tremendously stimulated all day, the newly found sense of what she has to offer is greatly enlarged, and for some men this will be a problem.***
> *Dr. Laura Singer*

Love less, enjoy more

This may sound discouraging, but our panelists point to some compensating factors. Dr. Zussman describes our sexual future in terms of "less quantity, but more quality....We'll make love less and enjoy it more," she says. Dr. Singer agrees. A key to greater sexual satisfaction, she says, is a willingness to assert ourselves. We'll be less timid about initiating lovemaking, and less afraid, she says, "to let the men in our lives know what pleases us sexually."

Panelist Dr. Mary Calderone of SIECUS sees women's increasing assertiveness leading to a new balance of power in the bedroom. "Men and women," she predicts, "will become equal partners."

Sex researcher C. A. Tripp, author of *The Homosexual Matrix*, takes issue with Dr. Calderone. "Work may enhance a woman's self-confidence and levels of aggression, but," he asks rhetorically, "will it change what she wants in bed?" He thinks not. "Sexuality is likely to retain its old dynamics. One partner will still be more assertive than the other," he says. Dr. Calderone brands this theory of male dominance "old hat."



Dr. Laura J. Singer

More assertive, more exciting

While our panelists may not agree on some points, they all forecast a generally happier sexual future for us. As women become more open and more sexually responsive, and as old sexual fears and taboos continue to disappear, sex should improve for both partners. Most husbands, they say, will find their newly assertive wives more exciting. "Sexually, marriage will be in less of a rut than it is today," says Dr. Singer.

The panelists also see factors that will place added stresses on relationships. An expected increase in extramarital sex is one. More of us expect sexual satisfaction, says Dr. Zussman, and will look for it outside of marriage when we don't find it at home. Because more women will be working away from home, wives will have the same kinds of opportunities—and temptations—to be unfaithful as husbands have had.

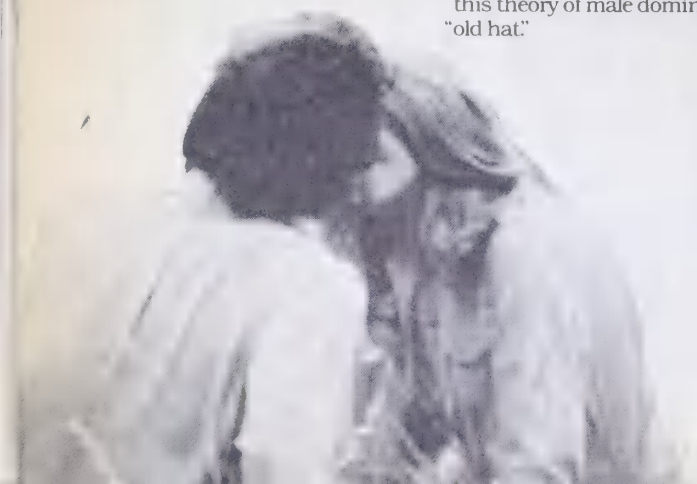
While it's unlikely husbands and wives will take their partner's infidelity lightly, it's less likely to signal the end of a marriage as it once might have. "As we become more sophisticated, we realize that an extramarital affair doesn't always have to mean marital breakup," says Dr. Singer. It does mean, she says, that the relationship has to be redefined, a process that sometimes greatly enhances a marriage.

In general, the 80s will be a time to redefine and re-examine marriage, says psychiatrist Dr. Harold Lief. He sees this as a potentially positive process. "There's an opportunity in a two-paycheck marriage," he says, "for a kind of vital, total relationship in which people share their world interests and enhance their whole marriage."

Confused sex roles?

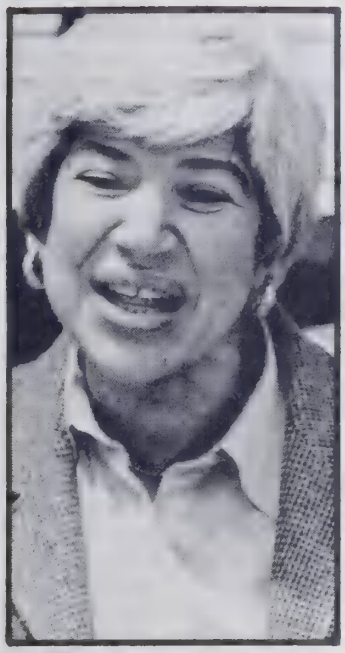
It may be awhile, he admits, before we reach this ideal state. It will take another generation, he suspects, before we work out current conflicts about male-female roles. "Some men may be excited by their wives' accomplishments; others see it as a threat," he explains. Basically, all of us—men and women—are confused about their roles. "Despite liberation, women raised in traditional households have incorporated some of the attitudes of their grandmothers and mothers. And while a man may give lip service to liberation," says Dr. Lief, "he may still really be looking for the same sort of woman as his mother, someone who stayed home and took care of him when he was growing up."

Our experts don't predict perfect bliss, or even perfect sex in



the two-paycheck marriage. But they do hold out hopes for greater domestic happiness. One reason, they say, is that while our problems may not disappear, we'll learn to cope with them better. Dr. Singer forecasts a dramatic growth in what she calls, "the marriage enrichment movement." The 80s will see many couples going off on weekend retreats where they'll learn the skills of marital relationships. "People are turning to each other for emotional support," she says, "in ways they never did before."

Dr. Zussman predicts that the hard economic times forecast for the 80s may even give marriage a boost. "It will bring us closer together," she says. "As life becomes more stressful, as there's more inflation and a lowered standard of living, we'll turn more towards improving our personal relationships."



Dr. Shirley Zussman

> ***"Sex is going to be enjoyed more in the 80s than it was in the 60s and 70s because the taboos of the past will disappear. We will know more and have better attitudes, and sexual stereotypes will be meaningless."***
> *Dr. Shirley Zussman*



Dr. Mary S. Calderone *is president of the Sex Information and Education Council of the U.S. and former medical director of the Planned Parenthood Federation of America. She is co-author of* The Family Book About Sexuality *(Lippincott and Crowell), to be published this summer.*



Dr. Harold I. Lief *is director of the Marriage Council of Philadelphia and the Center for the Study of Sex Education in Medicine – both affiliations of the University of Pennsylvania School of Medicine, where he is a professor of psychiatry.*



Dr. Laura J. Singer, *a practicing psychotherapist who specializes in marital and family counseling, is president and founder of the New York-based Save-A-Marriage, Inc. and author of the forthcoming* Crisis Points in Marriage *(Grosset and Dunlap).*

Panelists:



Dr. Elizabeth B. Connell *is an associate professor of obstetrics and gynecology at Northwestern University and vice president of the Association for Voluntary Sterilization. An authority in the area of contraception, Dr. Connell is a leader in Planned Parenthood.*



Dr. Wayne H. Decker *director of the Department of Gynecology at Knickerbocker Hospital and surgeon in chief of the New York Fertility Research Foundation. He is an associate professor at New York University College of Medicine, and the author of numerous medical articles.*



Dr. C. A. Tripp, *a psychologist who has been involved in sex research for more than 30 years, is author of* The Homosexual Matrix *(McGraw-Hill, 1975). Formerly associate professor of psychiatry at the State University of New York, Dr. Tripp is now involved in attitudes research.*



Dr. Shirley Zussman, *a psychotherapist specializing in sex therapy, is co-author of* Getting Together: A Guide to Sexual Enrichment *(William Morrow). She and her husband, Dr. Leon Zussman, direct the New York Region of the American Association of Sex Educators, Counsellors and Therapists.*



Dr. Sheldon H. Cherry, *a pioneer in fetology research, is associate clinical professor of obstetrics and gynecology at Mt. Sinai School of Medicine, and author of the popular* Understanding Pregnancy and Childbirth *(Bantam). His latest book is* For Women of All Ages – A Gynecologist's Guide to Modern Female Health Care *(Macmillan).*

Geraldine Carro *is a contributing editor to the* Journal *and the author of "Mothering," the magazine's monthly column for parents. She is currently writing a book about working mothers and their children for Delacorte Press. She and her husband, playwright Jonathan Levy, live in New York City with their six-year-old daughter, Catherine.*

Marriage in the 80s— New Problems, New Solutions

In the 60s and 70s sex went public: movies and magazines became sexually explicit; best-selling books told us about the joy of sex and the myth of the vaginal orgasm; shops selling pornographic materials proliferated; homosexuals came out of the closet; people changed their partners freely, some even changed their sex.

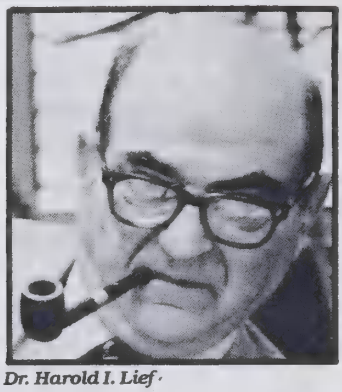
Sex in the 80s may make fewer headlines. As our sex experts talk of the future, they focus on matters more private than public. The changes they predict will occur mostly in our own bedrooms. Couples, they say, will be learning to tune into each other—sexually and emotionally—in new ways. Intimacy may well be the sexual issue of the 80s.

"The seventies gave us license to do what we wanted sexually," explains sex therapist Shirley Zussman. "Now we're recognizing that sex *per se* is not necessarily as gratifying as had been promised. Today we're looking at sex more in terms of its meaning within a relationship."

Relationships come first

While we search for new meaning in our relationships, we'll worry less about our sexual prowess than we did in the 70s. "I think," says Dr. Zussman, "that the tremendous pressure to perform sexually will diminish. The goal of the eighties won't be for women to have more and more orgasms, or for men to have longer lasting and better erections. Instead, we may well learn to be more caring."

One reason our panelists think we'll be more in tune to each other—and to ourselves—is the breakdown in the old sex stereotypes. "Men and women are no longer locked into limited ways of expressing themselves," says psychotherapist and marriage counselor Laura Singer. "It will be more possible for men to decide if they want to be softer, more tender, more loving, as opposed to always having to be the powerful one."



Dr. Harold I. Lief

As for women, despite our much talked about liberation, we still suffer from old sexual inhibitions, says Dr. Zussman. "It's a slow process for women to learn to say 'I need, I wish, I like.'" In her sex therapy practice she's found that women "still have a willingness to forgo their own pleasure to satisfy a man." This willingness is disappearing, she observes. "Women," she says, "are becoming braver in expressing their needs."

Gains for men

When we learn to express our sexual desires, will we, as some suggest, make our men impotent? Dr. Zussman speculates that just the opposite may be true. "I'm not sure that men are so fragile," she says. Moreover, men have much to gain, she feels, from the new sexually responsive woman. In being passive, we women placed undue burden on our men. "We were all Sleeping Beauty waiting to be aroused by Prince Charming. How was Prince Charming always supposed to know what to do? I think we've expected too much from men sexually."

> ***"Premarital intercourse will be accepted as the norm by at least 90% of the population in the next decade, but there will be very little change in attitudes about extramarital sex."***
> *Dr. Harold Lief*

> ***"In the next decade we will see an enormous increase in the number of people treated for marital and sex problems. Health insurance companies and other third-party payers will see this as the best kind of preventive medical care."***
> *Dr. Harold Lief*

There's an irony, she says, in our current fear of being too assertive. "The passivity of women used to be blamed for men's sexual problems," she points out. "Now we're being blamed for being too active. It's as if women can't win either way."

She predicts that our sex lives will also improve in the 80s, simply because we're better informed. Thanks to those best-selling books and articles in the press, we're more sophisticated about our sexuality. "Until recently there were a lot of women," says Dr. Zussman, "who didn't know what an orgasm was."

Those who need more help than books can provide will have greater access to professionals. Psychiatrists and psychologists will spend at least half their time, says psychiatrist Harold Lief, treating marital and sex problems.

The chemistry of closeness

Dr. Lief foresees a whole new dimension in sex therapy. "We'll be looking at the biological as well as the psychological aspects of sexuality," he says. Current research already suggests some surprising notions about how we interact biologically. Dr. Lief, working with a team of researchers, has found that a man's hormonal levels are tied in some ways to his wife's menstrual cycle. During ovulation and a week later, the male produces peak levels of the hormone testosterone.

He suspects that we'll discover a lot more about the chemistry between couples in the coming decade. Dr. Lief is currently exploring "the real possibility that men and women who have been married for a long time produce similar levels of cortisol—that's the hormone we use to deal with stress." Should this, in fact, be the case, it will prove one of our favorite adages about married couples—as people grow old together, they begin to resemble each other.

Biological research, he says, will yield yet other insights into sexual behavior, including homosexuality. He believes that we will discover that some homosexual behavior has a biological base. "My guess is that a good deal of this is laid down during the fetal life, providing at least the potential for homosexuality," he says.

Dr. Lief doubts, however, that there will be an increase in homosexuality in the 80s. Our other panelists agree. Homosexuality may be practiced more overtly today, they say, but statistically its incidence hasn't increased over the decades. (Dr. Lief says the fact that the figures remain fairly constant supports the view that homosexuality is partly biologic in origin.)

Will the 80s produce a general increase in what has been considered taboo sexual behavior? Will we see more group sex, more pornography, more erotica?

Children and Sexuality

What Will Our Sons & Daughters Be Like?

> ***There will be an enormous increase in the marriage enrichment movement – in retreats and weekend meetings in which married couples acknowledge and learn the very definite skills of marital relationships.***
> *Dr. Laura Singer*

C. A. Tripp, PhD, a former Kinsey researcher, doesn't think so. "We're suffering from a backlash of the sexual revolution of the sixties," he says. As evidence he points to Anita Bryant's campaign against homosexuality and the new feminist battle against pornography.

Video games

The 80s will have less pornography in the streets, Dr. Tripp says, and more erotica at home. By the end of the decade, for example, millions of families will have their own video recording and playback equipment. These devices, he predicts, will encourage couples to produce their own erotic entertainment in the privacy of their homes.

Dr. Tripp envisions a loosening of sexual mores before the end of the decade. "Ten years is a long time for a backlash to last," he says. He hopes that a new liberalization will bring better understanding between the sexes. "One of the problems with heterosexual love," he says, "is that the sexes don't really understand how each other ticks." Although Masters and Johnson have shown us similarities between the sexes, Dr. Tripp thinks that they've failed to stress important differences. Women, for example, "resent the fact that some men roll over and go to sleep after making love. What they don't understand is that physiologically the male has just emptied seventeen glands. His recovery rate is slow; hers is fast. If the sexes could understand these differences, it would help us to be less disappointed."

> ***Whatever new trends come along, women will be able to adapt more quickly, more articulately than men.***
> *Dr. C. A. Tripp*



Dr. C. A. Tripp

As we learn to communicate better with each other, Dr. Singer thinks that there will be fewer misunderstandings in bed. She sees a change from the old attitude that she describes as, "If you love me you ought to be able to read my mind and know what pleases me sexually." She hopes, however, that as we learn to talk to each other with greater candor, we'll do so in a sensitive way. "Not everything has to be blurted out," she says. "We have to be sensitive to the impact of what we say to our spouses."

Will our growing sophistication about sexual behavior take the romance out of lovemaking? Dr. Mary Calderone of SIECUS doesn't think so: "On the contrary. The more you know, the more magical, the more incredible, the more mysterious it gets. Ignorance is not bliss."

Some 90 percent of today's teenagers will engage in sex before marriage, a statistic that would have shocked our Victorian forbears to the core of their whalebone corsets. What other changes do the experts forecast for the coming generation? What kind of sexual behavior will emerge among the children whose parents grew up in the liberated post-Pill era of the late 50s and early 60s?

It's unlikely that the 80s will see anything quite as cataclysmic as the Pill. Changes in sexual behavior and mores will hinge on subtler matters – mostly on what we adults convey to our youngsters about their sexuality during childhood. Whether our sons and daughters grow up to have happy, fulfilling sex lives (or whether they suffer from the kinds of sexual problems that keep today's sex therapists busy), whether our daughters join the growing ranks of very young teenagers with out-of-wedlock babies, depends to a large extent on what we adults teach – or fail to teach – our children.

Are we open-minded?

"You have to begin at the beginning," says Dr. Mary Calderone, president of SIECUS. Masters and Johnson, she points out, have taught us that sexual dysfunction usually has its roots in early childhood, fostered by parents who have repressive attitudes about sex.

"If we don't want our children to grow up with the same sexual hang-ups we have," says Dr. Calderone, "we have to teach them that the sexual feelings they are experiencing are normal. Kids are sexual, and properly so. If they weren't, *then* we'd have to start worrying."

Today's young parents may be more comfortable with evidence of their youngster's sexuality than were their parents. But we're not as open-minded as we may think. We're less likely to punish a child who exhibits sexual feelings, says Dr. Calderone. Yet at age four or five, according to a new study, children have already developed "negative attitudes about their bodies," she reports.

Another study confirms that we're less liberal than we may imagine. Recently, researchers found that parents today have just as much trouble discussing sex with their teen-age kids as parents of earlier generations. "Even the Woodstock generation is very edgy about talking about sex to its children," says psychiatrist Harold Lief.

> ***I'm predicting that we're going to accept the natural evolution of the sexuality of the child beginning with the moment of birth.***
> *Dr. Mary Calderone*



Dr. Mary S. Calderone

Talk: preventive therapy

Dr. Lief, along with our other panelists, sees a desperate need for more talk at earlier ages. Sex education, they say, should start in elementary school among the five-to-12 year olds. "Youngsters need information in those pre-adolescent years, before they start acquiring misinformation," says Dr. Lief. "Adolescence is too late."

The need for good, early sex education has become even more urgent with the current rise in teen-age pregnancy.

In general, panelist Dr. Laura Singer foresees teen-agers having sex at younger and younger ages. "I hate to predict this," she says, "because I don't think these youngsters have been prepared for sexuality."

Dr. Calderone worries too. "We've got to start talking to our kids," she says. If we don't, there will be more children like the 13-year-old girl who told Dr. Calderone, "I didn't think you could get pregnant the first time."

How to Have a Better Baby

Imagine that you're six months pregnant. The doctor has suggested an operation, not for you—but for your unborn baby. A few days later you're wheeled into the operating room, and the doctor removes the baby by Cesarean section, leaving the umbilical cord intact. A highly-skilled surgical team then corrects a congenital birth defect. Their work complete, your daughter-to-be is returned to the womb where she spends the next three months recuperating and growing to her full nine-month birth weight.

This scenario isn't all that far-fetched. In the coming decade doctors will treat birth defects before birth. Fetal surgery will be one of many new methods bringing us stronger, more healthy babies in the 80s. Parents may have only one or two children, but they'll be "high quality babies," says our panelist, obstetrician Sheldon Cherry, a man whose passion in life is bringing better and better babies into the world.

Dr. Cherry and several other top specialists have already attempted fetal surgery to save endangered babies. Although the operations were successful in some ways, the procedures finally failed because they induced labor. He hopes that a group of chemicals now being developed to inhibit labor, the Beta Adrenergic agents, will soon solve this problem.

The fetal patient

Doctors will minister to their newly treatable patient—the fetus—with drugs as well as surgery. If, say, a baby-to-be develops an infection, physicians will eventually give an intrauterine dose of antibiotics. Or suppose a mother contracts rubella, a long-identified cause of birth defects. Doctors will head off trouble by giving the fetus anti-viral drugs. When circumstances dictate, they also will administer steroids, hormones and other chemical compounds to babies *in utero*. "Right now the only *in utero* treatment we have," says Dr. Cherry, "is a blood transfusion for RH disease. We should be able to do a lot more very soon."

Paving the way for treatment are new and increasingly refined diagnostic tools that let doctors eavesdrop on babies-to-be for the first time. Here is a look at some of them:

▸ ***Perhaps the most revolutionary tool,*** according to panelist Dr. Elizabeth Connell, will be the fetoscope. Now in the experimental stage, this device will peer into the womb, through a tiny puncture in the abdomen, and "actually let us see the fetus," says Dr. Connell. "If necessary, we'll be able to administer medication or perform surgery."

▸ ***Improved chemical tests*** will provide even better information on birth defects. Amniocentesis, which already reveals some 100 defects including Down's syndrome and sickle cell anemia, will soon be able to forecast cystic fibrosis. Today, amniocentesis, a procedure in which the amniotic fluid is tapped and sampled at 14-16 weeks of pregnancy, is usually performed only on women over 35. "In the future," says Dr. Cherry, "amniocentesis may be so successful and so safe that every woman will elect to have the test as a routine part of her pregnancy workup."

▸ ***Another new test***—based on alpha fetal protein, a substance present in all pregnancies—will pinpoint some birth defects much earlier on in pregnancy. "By analyzing alpha fetal protein," says Dr. Connell, "we'll know whether the fetus is anencephalic or is suffering from a major spinal cord defect."

▸ ***Also in the works,*** reports Dr. Cherry, is a test that will tell if the placenta, the baby's life support system, is functioning properly. If not, doctors can sometimes opt to deliver the baby prematurely and nurture it outside of the womb.

Babies by appointment?

Doctors will have greater skill in "managing" labor and delivery, which should be reassuring to parents. Remember all the waiting around when the baby was overdue? That will soon be a thing of the past. New tests will tell us the optimal time to deliver the baby, says Dr. Cherry. New drugs will then be used to start labor, or stop it, if the baby threatens to come prematurely.

Future parents-to-be should be less anxious during labor. Better-than-ever equipment will report on how the baby is faring. Even now brand-new machines can measure the baby's heartbeat in the womb. And while in the birth

> ***"In the next ten years we'll be able to insert a fetoscope into the amniotic fluid and actually take a look at the baby, for diagnosis, for therapy, for medical surgery."***
> *Dr. Elizabeth Connell*

> ***"I foresee major improvements in our understanding of the importance of nutrition, the environment, and care during and even before pregnancy. Babies will be healthier because women will be healthier."***
> *Dr. Elizabeth Connell*



Dr. Elizabeth B. Connell

> ***"It will be possible to raise a fetus at five or six months of pregnancy outside its mother's womb."***
> *Dr. Sheldon Cherry*

The Future of Fertility

canal, the hospital staff can perform a blood test on the fetus to make sure it's getting enough oxygen.

"If all these developments are either near or already at hand, what about the more distant future? Dr. Cherry's favorite obstetrical dream is of an artificial womb. This would be a life support system supplying nutrition and oxygen to the tiniest fetuses, enabling them to survive outside their mothers' bodies. When will this dream, one that sounds a bit Buck Rogerish to our new 1980s ears, come to pass? Well, not right away, Dr. Cherry admits. "But in the year 2000," he says, "I see intensive-care nurseries equipped with artificial wombs bearing signs reading 'four-month fetuses,' 'five-month fetuses' and so on."

Even in the absence of such futuristic devices, Dr. Cherry's hopes for preemies are growing. "The survival age is dropping constantly," he says. "A few years ago, babies born at seven months rarely survived. Today it's commonplace. Even thousand gram [two-pound] babies have a sixty to seventy percent chance of survival."

Dr. Connell foresees a happier outcome to pregnancy and childbirth in the 80s for other reasons: "As a compromise between home birth and the ascetic rigidity of the delivery room, there will be more home-like birthing rooms within medical facilities," she says. Mothers will be given less anesthesia and, instead of five to ten-day hospital stays, will go home with their babies just a few hours after delivery.

Dr. Cherry sums up the new direction childbirth will take on a similarly positive note. "We'll have high-quality babies," he says, "delivered at the optimal time in the best of all settings."

Should You Have Your Baby at Home?

If you're a normal, healthy woman, and if you've already had a child, you can reasonably expect a safe delivery at home, says panelist Dr. Elizabeth Connell. "But there are always risk factors, and a recent study shows infant and maternal illness and death are higher in home delivery than in hospital situations." Dr. Sheldon Cherry thinks the trend toward home delivery is a step backward—"and I don't think it will continue." This is not to say these doctors feel physicians are best qualified to deliver babies. "Statistics show the average well-trained midwife does as well or better," says Dr. Connell. Dr. Cherry predicts obstetricians and perinatologists will be superspecialists called in as consultants and paramedical people will do the actual delivering. For the best of both worlds—hospital safety with home economy and comfort—Dr. Cherry foresees "special obstetrical centers near hospitals, but on a different cost basis, and with atmospheres much more like home."

Less than two years ago modern science brought us Louise Brown, the first test tube baby, making one of our favorite science fiction fantasies a reality.

Now that scientists can conceive a child in a laboratory dish, what else do they have in store for us? In this era of men in space and test tube babies, we've come to expect the "Big Breakthrough." The reproduction specialists won't disappoint us, according to our experts, Dr. Wayne Decker, surgeon in chief at the New York Fertility Research Foundation, and Dr. Sheldon Cherry, a professor of obstetrics and gynecology at New York's Mt. Sinai School of Medicine. There will be impressive entries in the can-you-top-this category, although perhaps they'll no longer have quite the power to shock us that they once might have had.

Advances, lags

What, then, will the new decade bring? In the future, as in the present, we'll see remarkable advances coexisting with disturbing lags. Scientists will solve once hopeless fertility problems with amazing techniques. Yet while they're getting better at helping people who *do* want babies, they're still not so good at helping those who *don't*. More and more young teen-agers will give birth out of wedlock (see page 161). And some 25 years after the introduction of the Pill, scientists continue their search for a chemical contraception that is both effective and truly safe.

Although fertility experts won't have solutions to every problem, new surgical methods and drugs will answer the hopes of many childless couples. Blocked or otherwise damaged Fallopian tubes, for example, used to be a condition for which there was little remedy. Doctors can now treat some cases successfully with the new microsurgery. And, with the expected growth in surgical know-how, the success rate will zoom much higher in the 80s, says Dr. Decker.

> ***"We'll probably be able to remove an unwanted pregnancy very early and implant it in another woman."***
> *Dr. Wayne Decker*



Dr. Wayne H. Decker

Another eventual remedy, the Fallopian tube transplant, will be available for women whose Fallopian tubes are hopelessly damaged, or as in the case of Louise Brown's mother, are absent altogether. The technique, which transfers tubes from one woman to another, hasn't yet yielded a viable pregnancy, says Dr. Decker, and may not for some time. What will help make this procedure feasible in the long run is the ready availability of Fallopian tubes, commonly removed during hysterectomy operations.

Some problems that formerly necessitated surgery will be treated with drugs, says Dr. Cherry. One such problem is endometriosis, a disease in which the uterine lining or endometrium grows on the tubes and ovaries, frequently causing infertility. A new drug, Danocrine (danazol), helps combat endometriosis, although in some cases surgery is still necessary to remove scarring caused by the disease.

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The Future of Fertility

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Fertility for men

In the 80s, women won't be the exclusive target of fertility research. The study of male infertility, the cause of childlessness in about 40 percent of all cases, has been neglected until very recently. This will change increasingly in the next decade. One likely result, says Dr. Decker, will be a drug to help men who are unable to produce sperm, a condition analogous to a woman's inability to ovulate. Failure to ovulate has become highly treatable in the last ten or 15 years because of the fertility wonder drugs Clomid (clomiphene citrate) and Pergonal (human menopausal gonadotropins). "If we can make a woman ovulate," says Dr. Decker, "we eventually can make a man produce sperm."

Couples afflicted with infertility also will have recourse to yet more radical—and certainly more controversial—remedies. Dr. Decker hopes to try *in vitro fertilization*, the method pioneered by British doctors Patrick Steptoe and Robert Edwards, in his own laboratories before long. Two other physicians, Howard Jones and his wife, Georgeanna Seeger Jones, at Eastern Virginia Medical School, have already made headlines with their announced plans to attempt the procedure.

It's unlikely, though, that the test tube baby will become a commonplace in this decade. *In vitro fertilization* is a difficult and fragile technique. "When you recover an egg, fertilize it and then reimplant it in the uterus," Dr. Decker explains, "you have a less than ten percent chance of success." And, of course, all of this high technology will bear a high price tag—an estimated $4,000 to $5,000 per attempt.

"Women will continue to have children later in life, and many fears and myths about older women having children will be abolished."
Dr. Sheldon Cherry



Dr. Sheldon H. Cherry

The future holds yet another revolutionary technique: *in vivo fertilization* or fetal transplant, as it is sometimes called. In this procedure an already-fertilized egg is removed from one woman's uterus and implanted in that of another. Less difficult, at least in theory, than *in vitro fertilization*, this method is already routinely practiced in animals.

Ethics of transplants

Perhaps the toughest questions about fetal transplants are the ethical rather than technological problems. Will some women become pregnant in order to sell their embryos to other women? Will women who can conceive but are unable or unwilling to carry a baby to term hire other woman as fetal carriers? (This may all sound like *1984*, but then this is 1980.) Dr. Decker sees some practical possibilities. We might, for example, remove fertilized eggs from women who would otherwise choose to have abortions.

Ironically, the dazzling new fertility technology of the 80s will be used to solve problems that we might very well have avoided. Infertility is on the rise, say doctors, because venereal disease, one of the major causes, is on the rise. Infections and other complications associated with contraceptive methods are another cause of infertility. A third factor is the decision to postpone childbearing past the most fertile years and into the late twenties and thirties.

Hope for mid-life mothers

There is, however, much to be optimistic about. Through better public education and women's growing awareness of their bodies, we will head off potential problems. Even late childbearing isn't a risk, says Dr. Cherry, if a woman makes sure that she is in good health. She should be checked regularly by her gynecologist to pick up early warnings of endometriosis, fibroids or other conditions that can eventually affect her fertility. Dr. Cherry, in fact, is a great fan of over-thirty mothers. Psychologically, he says, "they are better prepared to go through pregnancy and delivery—and better prepared to be mothers."

Breakthroughs in Contraception

As we develop better and better techniques to help childless couples have babies, what is happening on the other side of the fertility coin—contraception? "There are a number of exciting things on the horizon," says panelist Dr. Elizabeth Connell, of Northwestern University. The head of a research project looking into new contraceptive technology, Dr. Connell foresees the following developments:

Chemical Contraceptives: *New drugs containing hormones that are safer than those currently used will be available. Instead of taking them orally, we'll inject them under the skin or insert them in the vagina and uterus. Because these drugs will by-pass the digestive tract, we'll have fewer side effects. New hormones and drugs incorporated into IUD's will make these barrier devices safer and more effective, too. And, says Dr. Connell, there will be chemical contraceptives for men.*

Sterilization: *Sterilization has become the world's number one birth control method in the past two years. New techniques will make the procedure not only simpler and safer, but reversible as well. Dr. Connell predicts the development of a simple plastic or metal plug that when inserted in the uterus will create an effective and reversible form of sterilization.*

"Target Contraception:" *This is the phrase scientists use when discussing long range forms of contraception. In order to prevent conception we'll eventually be able to shut down just one small part of the reproductive system, says Dr. Connell. "It's like clipping one wire to make the television set stop working," she says, "rather than dismantling the whole machine."*

Pregnancy Terminators: *Instead of surgical abortions, women will take drugs to end unwanted pregnancies. The most promising drugs so far are the prostaglandins, chemical compounds that occur naturally in the body. They can be taken a week or two after a missed period. Still to be overcome are the accompanying side effects: nausea, vomiting, diarrhea and sometimes hypertension.*

Section designed by Mo Lebowitz

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There are lots of good reasons why kids get bad checkups. Mostly it's because kids will be kids. Which means somebody didn't brush when they should. Or as well as they should. Or they did too much snacking of sweets. (Ever notice, the smaller kids are, the bigger their sweet tooth.)

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Even in tests where brushing wasn't supervised, Crest proved diligent at fighting cavities. In these tests kids brushed the way kids do in real life – and you know what that means – and Crest still reduced cavities.

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How to Fight

continued from page 66

lenging. He's not compelled to take issue with a statement you've made about his character or conduct, which frees him to concentrate on how you feel.

Guerney also stresses the need for being specific. State clearly what he did that disturbed you. Instead of "You don't help around the house," it would be better to say, "Last night, I not only had to shop and prepare the meal for our company, but I had to clean up as well." Be specific, too, about how you want things to be improved: What exactly is the solution you desire?

Above all, don't forget to express your positive feelings about the relationship. Let him know that, although you may be hurt or angry, you really *do* care.

How to listen

When it's your husband's turn to express his feelings, try to be an attentive, non-defensive listener: Your posture, your eye contact and your attention level all have to convey that you're concerned with what he has to say. Don't interrupt, don't offer your opinion, don't pass judgment and don't ask any questions. (Tom, for instance, needs to keep silent, listen to Susan's complaints, and not dredge up any dirt from the past.) If you're confused about a remark of his that needs clarification, say so only when he's finished talking. Take three deep breaths here, too, if you find yourself getting steamed up.

Remember: No matter how much you may disagree with what he's saying, no matter how irrational or off-target his comments are, you have to put yourself momentarily in his shoes and try to understand his position. He, in turn, must do the same for you. According to labor negotiator Martin Fishbein, this also happens to be one of the main indications when settling strike disputes: "No progress is made until each side puts itself in the other side's position."

All this, of course, is much easier said than done. In the thick of battle, it's hard to see through the smoke and handle the situation rationally, let alone pay attention to a whole set of guidelines. Yet, over time, you can incorporate some of these suggestions into your confrontations.

Here's another tip. If you're caught in a fight that's heating up fast, STOP . . . for just a minute. When you're taking this break, ask yourself three quick quesitons: "What's really bugging me?", "What's really bugging him?" (putting yourself in his shoes), "How could we solve this?" These questions sum up what it takes to be a good expresser as well as a good empathizer.

What do you do, though, when your individual needs are light-years apart and neither one of you is willing to budge? That's where the fine art of compromise comes in, says Robert Bell, assistant professor of the School of Business at Fordham University and author of *Having It Your Way: The Strategy of Settling Everyday Conflicts* (W.W. Norton).

If you find yourself in a stalemate, Bell suggests that you immediately determine every possible option available to you (list them in writing if you want). Include even the ones that seem outrageous. After you've listed your options, rate each one, according to your feelings and



needs. Your goal, says Bell, is to "pick one that, though not necessarily your personal priority, is more desirous than what you might have gotten with no compromise at all."

For example, Tyler and Betsy, who live in Boston, have just started planning a long-awaited two-week vacation. There's a wrench in the works, however. Betsy has her heart set on spending time with her family on the West Coast, while Tyler wants sun, surf and planter's punch in the Caribbean. Here's how they handled their options:

1. Two weeks in San Francisco at her family's home (great for Betsy, bad for Tyler).
2. Two weeks in the Caribbean (great for Tyler, bad for Betsy).
3. Separate vacations (not good for either one of them).
4. No vacation (even worse).
5. One week in San Francisco, one week in Caribbean (not bad, but costly).
6. One week in San Francisco, one week in a Pacific Coast resort area (not bad and the airlines have a two-step package).

The last option gives them both a little less than what they ideally wanted, but a lot more than what they might have gotten without the compromise.

Sometimes, however, compromise doesn't work, because a couple is stuck in a fighting pattern. Mary's and Billy's fights, for example, always follow the same route—he yells, she cries and neither one gets through to the other.

Psychologists emphasize that it's tough to break out of patterns because the reasons behind them are often complex. But Phoebe Prosky, a New York psychotherapist who works with many couples, offers some advice that's doubly effective. "When you see that you're always handling things the same way in a confrontation, force yourself to do the exact opposite the next time. This will break the normal chain of events. And you'll be surprised to discover that your new behavior will provoke different behavior on the other person's part."

That's what Mary finally discovered. "One time when Billy yelled I got angry rather than bursting into tears and gave him a piece of my mind. Suddenly he calmed down and was really concerned with understanding what I was saying."

Handling a non-fighter

What do you do if the man in your life is the proverbial non-fighter, a person who does everything in his power to *avoid* a confrontation—even one that's necessary?

Marcia Lasswell, a marriage and family therapist, and co-author of *Styles of Loving* (Doubleday), offers several suggestions.

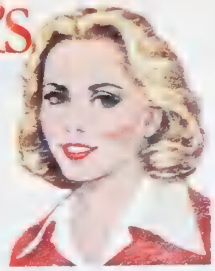
The first step, she says, is to determine why the non-fighter is the way he is. What was his home environment like? The non-fighter, says Lasswell, often comes from a home where there were brutal battles, and he still bears the emotional scars. On the other hand, he may have been brought up in an environment of the opposite extreme, where everyone always avoided confronting each other. Whatever the case, make any confrontation as safe as possible for him. You may want to postpone arguments to a time when you're less heated and therefore less threatening. Or, if he has trouble expressing himself, suggest that he write his feelings down and show them to you. (If *you* are the one who is the non-fighter, follow these suggestions yourself.)

Finally, no matter what kind of fighter you are, share this article with your husband. If your arguments are going to be constructive—and productive—you must contribute an equal amount of effort and understanding. Fighting can be good for you—when you know the ropes. **End**



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DOLLAR'S WORTH from Mary Willis





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BEAT THE MONEY CRUNCH

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and work phone numbers. Not every family belongs to the club, but nearly every family participates in its activities.

When prices began rising faster than incomes, and everyone was trying to figure out ways to save, the people of Parkview South reasoned that if two heads are better than one, then ten minds working on a problem is best. Soon, no bargain was kept a secret, no money-saving hint was kept within a single family.

Home economics

The ways in which these families go about cutting expenses are limited only by their collective imagination, a resource that seems to be in abundant supply. The bartering of services between neighbors with special skills, such as a carpenter trading a small building job with a plumber for some pipework, abounds in Parkview South. There are sewing classes for housewives, coupon clipping clubs, car pools and a profusion of garage sales that serve more to recycle usable goods than to make money.

"It's almost a game," says Nancy Mastrofrancesco, a 32-year-old mother of two. "I was raised on 'waste not, want not,' so I'm always looking for ways I can save. And I've learned a lot of new ones from the people around here.

"There's a stationery company, for instance, that gives a good discount when you order sixteen items or more," she continues. "The things make great presents for the kids' friends and teachers. And where else can you get a gift for eighty-five cents? You wouldn't order that many items on your own, but a bunch of us go in on it together. You don't save a huge amount, but it adds up."

"Unless you have some kind of professional career, a woman just doesn't earn that much with an ordinary job," says Pharaby Wilson. "You end up spending more on baby-sitting fees, meals out and all that. I think I can make almost as much with good management at home." She estimates that her money-saving activities cut her family's costs by 15 or 20 percent annually, or by about $5,000.

"The part I enjoy most is the social contact," says Pharaby. "You share tips and good buys, you trade baby-sitting jobs—it's like having a big family. When I had oral surgery I didn't have to cook for a week. Everyone brought food over."

Debbie Sawyer, whose husband Tom is an analyst with an oil company, heard about a stretch-and-sew class, held at a nearby community college, in which she could learn to work with knit fabrics. Those who used a car pool to go to class received a discount on fees, so she convinced two of her neighbors to sign up with her. "The kids grow out of their clothes so quickly, it really helped when I started to make knit shirts and things," she says.

Tonya Mahula, 34, is the neighborhood's sewing expert and is frequently called upon for advice. "I'm a real do-it-yourselfer. I took lots of classes from a pro to learn the skills, but I don't mind sharing them and I don't expect anything in return. It's the same with my husband, James—what's his is yours. It might sound silly but it's just being good neighbors. I guess that's the prevalent attitude around here."

Baby-sitting for each other's children is another way the Parkview South residents act neighborly. Because it's a young community, teen-age sitters are hard to come by. But Don and Ellen Wilson, who have two youngsters, say it's not a problem. "My next door neighbors and I trade kids back and forth all the time," says Don. "If they want to go out of town for a couple of days, or if we want to get away, it's wonderful to know that you can count on your neighbors. It's something you don't find in a lot of suburbs. And they have children who are older than ours so they give us their old clothes. That's saved us several hundred dollars."

Bargain shoppers

Cheryl Walker, a Pasadena resident, started a newsletter on refunding a year ago and is now getting one new subscriber a day. "You can't lower your house payments, or cut back too much on utilities. But with coupons and refunding you can make a dent in your grocery bill. And you're far better off if you work with several people," she says.

Walker's newsletter lists the companies that offer refunds, along with the requirements and expiration dates. She accepts ads from subscribers who want to trade forms and qualifiers and she prints recipes that call for the "refundable foods."

She feels strongly about what she calls "ethical refunding," disapproving of those who send in multiple forms and qualifiers under different names. "That's why I have monthly swap meets, so people can get together and make trades to complete sets," she says. "They also exchange phone numbers and keep in touch." Walker figures that a woman who spends five hours a week on the chore can net a family of four $40 to $60 a month.

But to make the most of *(continued)*

Are you and your neighbors trying to beat the money crunch together? If you're involved in a community inflation-fighting effort, we'd like to know about it. Send a letter describing what you're doing and how, to: **Ladies' Home Journal**, Inflation Fighters, 641 Lexington Ave., New York, N.Y. 10022. We regret that we will not be able to acknowledge letters.



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ons and refunds, it's best to have a family with flexible
s. What do you do when you have several finicky kids at
table every day? Pharaby Wilson, Nancy Mastrofrancesco
two of their friends subscribe to Walker's newsletter and
larly trade coupons among themselves. "It seems like I'm
ys cutting a label off a can or going through the news-
r," says Pharaby. "I don't eat canned chow mein but my
d does, and she in turn looks for things I can use. I've
st reached the point where I have a coupon for everything
y."

ancy estimates that coupons have cut ten percent off her
ery bill. She also receives approximately $5 to $10 a week
refunding.

nd when it comes to getting good deals on volume buys,
an expert. "I often end up with a year's supply of things
ketchup and light bulbs," she says. "Of course, I let
yone in our group know about the sale."

ecause the women in Parkview South are on *continued*

10 WAYS TO GET YOUR NEIGHBORHOOD TO FIGHT INFLATION

The next time you're with a group of neighbors, start a
cussion on how you can all pitch in and plug a few of the
ins on your pocketbook. Civic club, PTA, church or
nagogue meetings may be a good place to begin. Because
owing your neighbors is vital to the success of your effort,
nsider holding a potluck block party—everyone brings
e dish.

If you have a special skill, such as sewing, knitting or
ead-making, hold a class in your home for friends and
ighbors. You'll inspire others to share their areas of exper-
e as well.

Is there a farmer's market in your area? If so, pool your
ney once in a while and buy your vegetables and fruits in
lk. Of course, you should take turns shopping.

Form a coupon-clipping club—it's easy. By trading la-
ls and tip-ons with your neighbors, you'll most likely be
le to buy your favorite brands at a discount. A coupon
b also helps with refunds, which are usually limited to
e per customer. Trading forms and qualifiers allows you to
t together more refunding sets.

Form car pools zealously. You'll not only save gasoline,
intenance and parking, but also your time.

Need firewood? Get it at a discount, or get it free, by
ing the cutting and hauling with a few of your friends.
'll move the wood faster, the cost will be less and the
ject more enjoyable.

Share home and garden tools with your neighbors—but
sure to return what you borrow. You might also share the
t of high-priced tools, such as lawn mowers, leaf blowers
l fertilizer speaders, equipment you won't need to use
ry day.

Hold a garage sale with a neighbor or two. It's more fun
n sitting alone in your driveway, waiting for customers.
d, you'll probably wind up trading some items among
rselves.

Ask your civic club or church group to help you start a
mmunity newsletter that would report on inflation-fight-
efforts, list items for sale, services to trade and classes
ng offered. It can be inexpensively printed and dis-
uted by volunteers.

Consider starting an informal bartering club to ex-
ange goods and services. This takes management skills
l you should first study the Internal Revenue Service's
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Robust Flavor that won the World.

nany manufacturers' lists, they are frequently invited to icipate in market surveys. Manufacturers assume, and tly so, that they are dealing with savvy consumers. Pharaby three friends recently drove into Houston and were paid each to sit on a panel and sample a new "women's beer." "I 't turn down those opportunities," she says. "Not long ago got twelve dollars and fifty cents each just to look at new and say which one we liked best."

nother way residents save is by pooling their money and ng some of their produce in bulk from Houston's Farmer's ket. As in other farmer's markets that have sprung up ss the country, it's possible to get top quality fruits and etables at low prices. "I was a little leery at first," admits y Seiler. "I thought it would be a big hassle for very little gs. But it's paid off. And when other people do the pping, you get things you might not try yourself. We're in a p of twelve families and we take turns shopping, so it sn't take up a lot of time."

ith the $10 they collected from each family, the Seilers and llis Larson, a 32-year-old mother of two teen-age daughters, ntly drove to Houston. At the market, a long, narrow, rete slab where truck farmers convene to sell their pro- in raucous competition, they carefully sought out the best s. "The prices depend on the quality. And you've got to buy t of onions or potatoes to get a deal on them," says Terri er.

he three returned with 24 paper bags brimming with fine s and vegetables. "I look on it as a social occasion as much nything," says Phyllis. "We don't have any relatives around so it's fun to be with our friends."

Helping hands

outheast Texas winters can be chilly, despite the well-wn sweltering and humid summers. While heating costs not be as high as in the Northeast and less total fuel is l, last winter many Texans turned down their thermostats, ed on their sweaters and lit their fireplaces—although wood costs an average of $120 a cord.

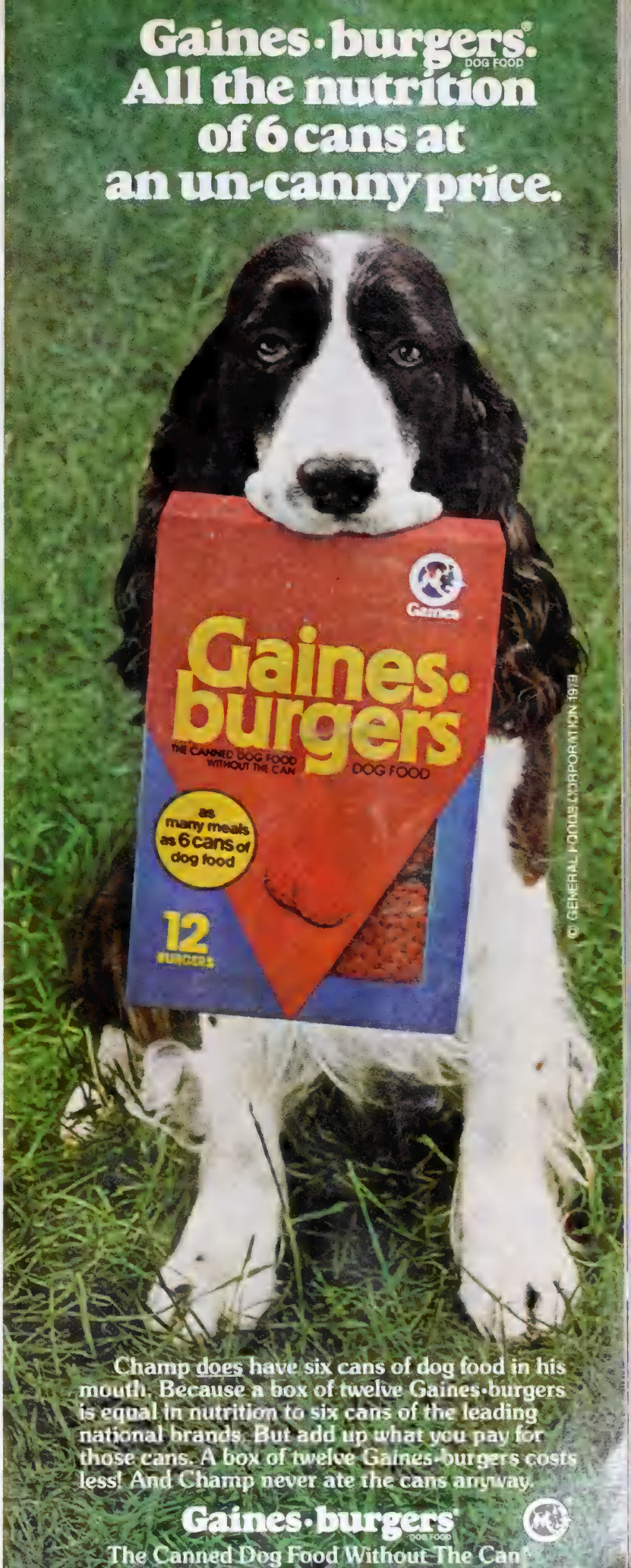
Every time we'd put a log on the fire, it seemed like we e throwing in a dollar bill," says Nancy Mastrofrancesco. t with all the building going on in this forested region, d is available for the taking, if you have the strength to haul nd don't mind a few sore muscles."

ancy's husband Elio, 43, bought himself a chain saw and, n he or one of his friends found a lot that needed clearing, did the cutting and helped with the hauling. "If we had to all the firewood we use, we probably couldn't afford it," Nancy.

on Wilson also purchased a chain saw: "I paid one hundred rs for it. One of my friends has a truck, another usually ght along the beer and the lunch, and we went off for the d. It quickly paid for the cost of the saw, and next year it's going to cost me my labor. But I wouldn't try it without , and I don't think the other guys would either. And saving ey on the wood isn't as important as the friendship we've ed."

aring and trading tools is another way the Parkview South save. "I figure I'm going to be living here for a while," John Wilson. "So when I needed a gas-powered lawn r I talked it over with Don Wilson—no relation—and we ed to split the cost."

enny Speight leaves his tool shed open and his neighbors free to borrow what they need. They have also borrowed ny and his electrical skills. "Most contractors charge nty-five dollars an hour for electrical work," he says. "So n a neighbor was doing some work in his backyard and cut electrical supply to his house, he called me *continued*





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BEAT THE MONEY CRUNCH

continued

instead of a contractor. I told him what materials to buy, how much he had to dig out the hole, and then I did the repair for him. It only took a couple of hours and I didn't mind doing it at all. In turn, he might have some football tickets for me sometime."

Kenny also hooked up a garage-door opener for Don Wilson, who, in exchange, prepared his tax return. "I think Don came out on the short end of it," says Kenny.

The IRS has rules regarding bartering and in some cases these services should be reported as taxable income. But in this setting, which is so informal, reporting it would be as ludicrous as reporting friendship as money earned.

"Look, I don't know a thing about electricity," says Don, an accountant. "I appreciated Kenny helping me out. I'd help anyone in the neighborhood with their taxes—you don't charge friends. And it does save money all around. We've got a neighbor down the street who's a mechanic for NASA. He takes a look at our cars. We all know we can go to him with a problem and he'll help."

"I don't think anyone around here pays to have their car tuned up," chuckles Tom Sawyer. "You do it yourself, or someone nearby helps you."

Throwback to barn-raising days

People never pay for labor in Parkview South when help is there for free—a throwback to the old barn-raising days. When John Wilson and Kenny Speight put up a fence between their yards, they had a half dozen helpers from their neighborhood. When Larry Seiler built an addition to his house, he rarely worked alone.

"We've got a policeman down the street who's going to have his house bricked by a neighbor who's good with masonry," says one Parkview resident. "I don't think that means the guy's tickets will be fixed in return, but it's things like this that make the neighborhood go. It's unselfishness that's helping us all get through."

There's also a willingness to recycle, which is evident in the abundance of well-attended garage sales around Pasadena. "In the spring and summer, within five minutes in any direction you can find ten to fifteen garage sales—at least two or three in Parkview South alone," says Phyllis Larson. "I go for the junky stuff, nothing major, but sometimes I find furniture I can restore."

The sale can earn a family a few dollars but, as one resident explains, "You get two- and three-family sales and the people end up trading kids' clothing and other things among themselves." John Wilson is proud of the five dollar black and white television set he bought at one sale. "The picture doesn't work," says his wife, "but I can listen to the soaps during the day. If I'm sewing or going through coupons, I can't watch anyway."

Car pooling may be a nuisance, but almost everyone in Parkview South does it—even the kids. "School is just a mile away so we have a car pool not only to save gasoline, but also to save time," says Terri Seiler.

But commuting to Houston, when gasoline is well over a dollar a gallon, can be a considerable expense for a lone driver. Add on the price of monthly parking—about $50—and car maintenance, and driving alone is plainly prohibitive. Elio Mastrofrancesco is in a three-man car pool, and John Wilson commutes in a frugal five-member pool.

What's left for fun?

The people of Parkview South clearly spur each other on to find more ways to save, and it's become a major part of their social lives. What else do they do for enjoyment? Do they also set aside time and money for entertainment? *continued*

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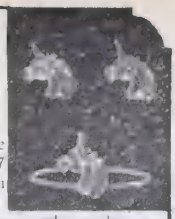
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BEAT THE MONEY CRUNCH

continued

"One thing I recommend is that f ilies spend part of their refunding mo on entertainment. Unless you need it buying groceries, you should save so thing to be able to go out and en yourself," says Cheryl Walker.

"I work one day a week, go to sch several nights a week. Coupon clipp and all the other things I do to save h cut into my free time. But in the long I know it does give me more money to the things I like to do," says Terri Seil

You can go too far to save, says Phar Wilson, pointing to the haircuts she g her two boys: "I really butchered the She warns that a person can get too hu up on cutting corners, "and you can to feel really guilty for spending anythi on yourself. I like to think that th activities give us something left over the extras. I want to enjoy the results my work." She hopes, once inflati eases, that she'll have more time for h self. "But once you get into the habit being frugal, you may be hooked foreve she says.

Has been a sacrifice

Her husband agrees that the loss their time and privacy has been a sac fice, even though he does enjoy the c maraderie: "Some of this will surely e if the economy gets back to norm We're all a little lazy. But when y realize that by working with others y can save five thousand dollars in b times, why not seven thousand dolla when times are good?" In other word neighborhood inflation-fighting may n be merely a passing fad in Parkvi South, Texas. **E**

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child abuse in the schools

continued from page 101

any child in the "free world" of a public school is fair game for physical abuse.

In fact, violence is sanctioned by society in the schools of all but three states—New Jersey, Massachusetts and Maine. Hawaii has temporarily banned corporal punishment while reviewing the facts, and Maryland leaves the decision to its county districts. Some large cities have stopped the practice—New York, Chicago, San Francisco, Washington, D.C., Baltimore—and so have many smaller cities and towns. In much of the country, though, it is still entirely legitimate.

"Reasonable" force?

My own interest in the subject began over 15 years ago. As a parent, a writer on education and, for nearly a decade, a teacher of teachers at New York University, I was concerned about violence against schoolchildren. At first, though, I wasn't convinced that it *was* a widespread problem. True, corporal punishment was legal, but how much was it actually being used?

A great deal, as I found out through my travels around the country and my contacts with parents' groups and civil-liberties lawyers. In many school systems, children are routinely whacked for chewing gum, talking in class, being tardy, having their shirttails out or being noisy in the shower. In one case, the victim was a fifth-grade boy whose legs were arthritic—there were certain gym exercises he just couldn't manage. The teacher claimed that he could do them if he tried.

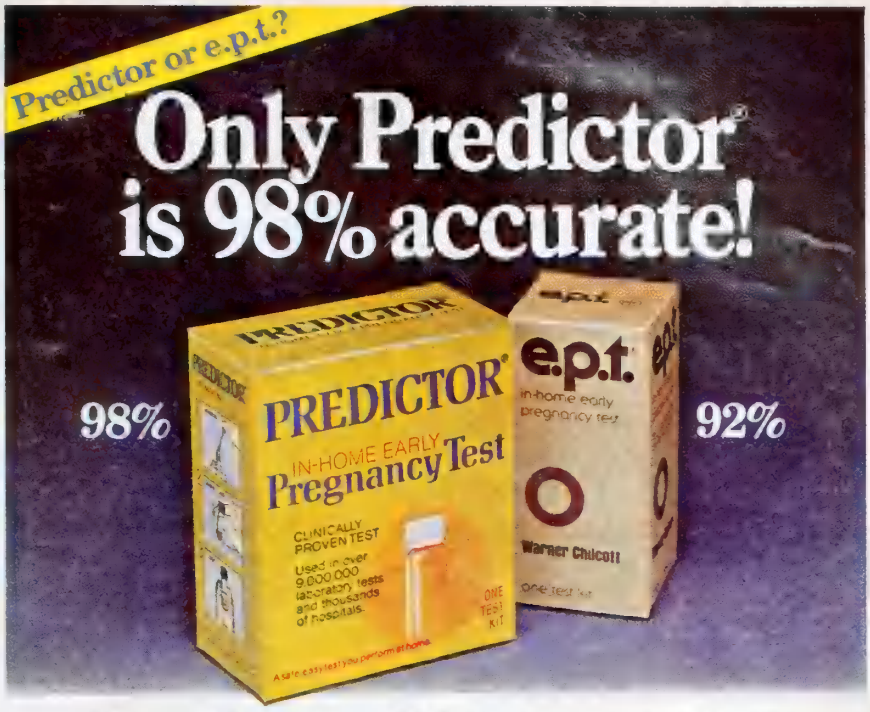
Elementary-school children are the most vulnerable to attack—they're much less likely to strike back. Yet junior-high and high-school students are far from immune. Nor, as is sometimes claimed, are minority youngsters always the primary targets.

In the big cities, non-whites feel most of the heat because they make up most of the public-school population. In small-town and rural America, however, white children don't have it any easier.

In Mesquite, Texas, for instance, there was a ten-year-old boy who had a fatal blood disease. His parents wanted him to spend the time he had left with his friends, so they kept on sending him to school. They didn't tell the boy he was dying, though the school authorities were informed. The ten year old was no troublemaker, but he did occasionally talk in class when he wasn't supposed to. And each time it happened, he was paddled. Hard.

After the boy died, I spoke with his father at a conference on corporal punishment. He gave me a photograph of his son, a blond youngster with a merry face. "I have given up trying to understand how people could do that," he said. "But what still gnaws at me is that there wasn't a thing I could do about it. I kept telling them he was dying, and they kept telling me they had a right to beat him. And it was true. The law was on their side."

In Illinois, I met a minister who told me the story of his six-year-old daughter. A bright, outgoing child, at first she was really looking forward to school. But ever since kindergarten, he went on, "her enthusiasm has been quickly dampened by warnings of physical punishment—specifically, the application of a paddle, which her teachers keep for 'disciplinary' reasons." Although she's never actually been beaten, she has been threatened with the paddle—and its use on others makes the threat convincing. *(continued)*



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By Lily O'Sullivan

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Sing a song of evening,
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where the water lilies lay.
And sing a song of nighttime
of owl-flight and star-flight
whispered on the winds
of the apple blossom skies.
Sing a song of morning,
of may-dew and meadowsweet,
the sun dancing golden
in the meadows of your eyes.

child abuse in the schools

continued

This, he said, "has caused great damage to her attitude toward school, teachers and education generally."

On the other hand, many teachers and administrators, along with some parents, regard corporal punishment as an essential way of keeping classes orderly, and the kids at their books. Besides, they say, no real damage is done. The people who run the schools are trained professionals—surely they'll limit themselves to "reasonable" force.

But is that really a safe assumption? Teachers and principals, after all, are no less human than the rest of us: Given the power to inflict pain, they can abuse that power.

According to Dr. David Gil, professor of social policy at Brandeis University, "Rarely, if ever, is corporal punishment administered for the benefit of the attacked child. . . . Usually it serves the immediate needs of the attacking adult, who is seeking relief from his uncontrollable anger and stress."

An enraged teacher, in other words, doesn't always know when to stop, as case histories show. David Friedman, professor of pediatrics at the University of Southern California School of Medicine, and Alma Friedman, Pupil Services Counselor for the Los Angeles City Schools, describe "severe tissue damage, lower spine injuries, sciatic nerve damage and even blood clots due to paddling. Recent evidence leads to the suspicion of possible whiplash injury, especially in



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Cinderella's Fantasy Crepes

3 eggs, beaten
⅔ cup flour
½ teaspoon salt
1 cup milk
* * *
2 cups (¼ lb.) mushroom slices
¼ cup green onion slices
¼ cup PARKAY Margarine
3 tablespoons flour
½ teaspoon salt
Dash of pepper
1 cup milk
2½ cups (10 ozs.) shredded CRACKER BARREL Brand Sharp Natural Cheddar Cheese
1½ cups chopped cooked chicken

Combine eggs, flour, salt and milk; beat until smooth. Let stand 30 minutes. For each crepe, pour ¼ cup batter into hot, lightly greased 8-inch skillet. Cook until underside is lightly browned.

Saute vegetables in margarine; blend in flour and seasonings. Gradually add milk; cook, stirring constantly, until thickened. Add 1½ cups cheese; stir until melted. Stir in chicken. Fill each crepe with about ¼ cup cheese mixture; roll up. Place crepes in 11¾ x 7½-inch baking dish. Bake at 350°, 20 minutes. Top with remaining cheese; continue baking until cheese is melted. 4 servings



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younger children." Is this the work of "trained professionals"?

It isn't just the child's body that suffers, of course, but his self-esteem as well. Listen to Edith Oldham, a public-school teacher for 30 years in Louisville, Kentucky. "I have witnessed many terrifying acts," she wrote last year in the *Louisville Times*. "I have seen children lifted and pulled and dragged by their hair; youngsters slammed violently against a wall, so hard that they fell down on the floor; children struck by pointers or yardsticks that broke from the impact." And, she pointed out, "students who are most often targets for corporal punishment are those with very low self-esteem. Being paddled only makes them feel more helpless, self-rejecting and angry. It is, plain and simple, child abuse."

Rule by bully

Advocates of corporal punishment claim that it's educational, and it is—in a way. But its message to children is that violence, especially when directed against someone weaker than yourself, is an officially sanctioned way of solving problems. Or, as a *New York Times* editorial put it, the victims of classroom beatings "are being taught the efficacy of rule by bully. It is hardly surprising that such youngsters subsequently apply that rule in their own dealings with others."

What sort of adults will these children become? That is a question of grave concern to Carolyn Schumacher—parent, former public-school teacher and passionate organizer. Not only has this indomitable woman managed to get corporal punishment abolished in the Pittsburgh school system, she's made the issue a national priority for the American Civil Liberties Union.

Schumacher urges a closer look at "the student who lives with the notion that violence is sanctioned by society." A child, she says, who "watches other kids being taken off to be beaten, or witnesses actual beatings in the name of discipline, is getting the kind of training that you might expect in the schools of an authoritarian state. Think about it. What kind of citizen do we want to come out of our schools? If there is anywhere kids can learn to grow up to stand by passively and watch people being beaten, raped and murdered in the street, it is in a school where children are brutalized by the people in authority."

The case for abolition

For some years, the Supreme Court seemed the best hope for a sweeping abolition of corporal punishment in our schools. After all, there are constitutional grounds—the Eighth Amendment's prohibition of "cruel and unusual punishment." This argument was tested in *Ingraham v. Wright*, a case I *(continued)*

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Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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WITH A WONDERLAND OF RECIPES AND SAVINGS



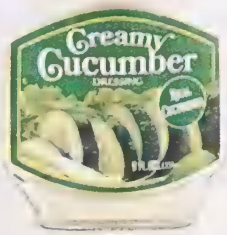


Fairy Godmother's Abracadabra Artichokes

2 8-oz. bottles KRAFT Creamy Cucumber Dressing
⅔ cup chopped green pepper
⅔ cup chopped ripe olives
¼ cup chopped pimiento
6 medium artichokes

Combine dressing, green pepper, olives and pimiento; chill. To prepare artichokes, cut off stem, tips of leaves and one inch of top; rinse. Boil in salted water to cover, 35 to 45 minutes or until leaf pulls out easily. Drain. Remove fuzzy center choke with spoon; discard. Fill cavity with dressing mixture. 6 servings

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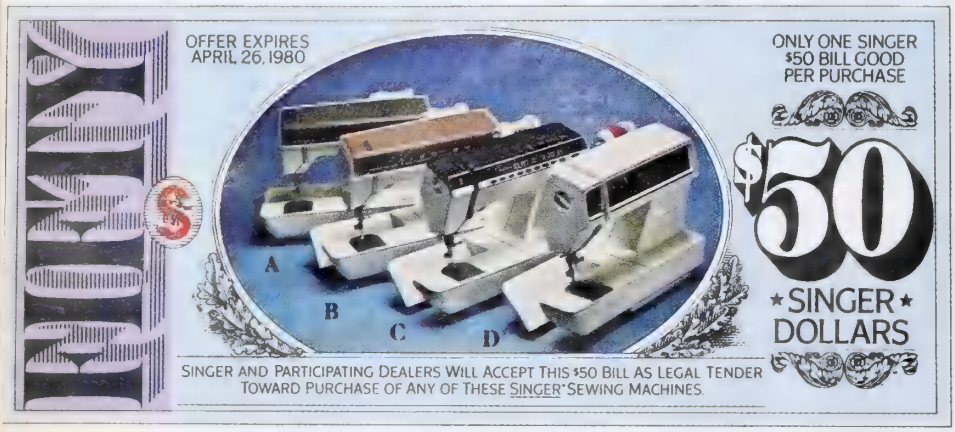
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child abuse in the schools

continued

followed from the beginning. It concerned two boys, both junior high-school students in Florida. One had been held down on a table by two assistant principals while the principal, wielding a wooden paddle, struck him more than 20 times. It was a week before the child could get out of bed. The other boy's arm was so vigorously battered that it took days for him to regain full use of it.

Yet this brand of discipline, according to the High Court, could not be considered "cruel and unusual." In 1977, the jurists ruled, five to four, that the Eighth Amendment applied only to those who have been convicted of crimes. Schoolchildren could still be beaten.

The Supreme Court ruling, however, has not prevented local groups, powered mostly by parents, from organizing to have official child-beating made illegal in their states, cities and school districts. In the past couple of years, corporal punishment has been outlawed in a number of places, including Groton, Connecticut; Kalamazoo, Michigan; Albuquerque, New Mexico; Portland, Oregon; and Urbana, Illinois.

These groups, it is important to point out, do recognize that adult force is sometimes necessary. But not as punishment, or for "motivation." In their proposals to end child beating, therefore they are also careful to specify the circumstances under which force *can* be used. Take the New Jersey law, which now being used as a model in many parts of the country:

> No person employed or engaged in a school or educational institution, whether public or private, shall inflict or cause to be inflicted corporal punishment upon a pupil attending such school or institution but any person may, within the scope of his employment, use and apply such amounts of force as is reasonable and necessary:
>
> (1) to quell a disturbance threatening physical injury to others;
>
> (2) to obtain possession of weapons or other dangerous objects upon the person or within the control of a pupil;
>
> (3) for the purpose of self-defense;
>
> (4) for the protection of persons and property; and such acts, or any of them, shall not be construed to constitute corporal punishment within the meaning and intendment of this section.

But what happens in a school where teachers are no longer backed up by batfists and wooden paddles? Do the children suddenly run wild, as opponents of sparing the rod perennially prophesy? In 1978, Arnold Farley made a study of school districts across the country in which corporal punishment had been banned. According to his report, published in the journal *Inequality in Education*, only *one* district claimed there had been an increase in disciplinary problems. In some areas, student misbehavior had actually declined. And a study in Portland, Oregon, cited by the American Psychological Association, shows that when corporal punishment is on the rise, so is student vandalism. A humiliated child, unable to get revenge on a teacher, may take out his anger on the school instead.

(continued)

For more information

Child abuse in the schools is just beginning to get the attention it deserves, so there is a limited range of resources on the subject. Those that do exist, however, are highly recommended:

Corporal Punishment in American Education: Readings in History, Practice, and Alternatives, edited by Irwin A. Hyman and James H. Wise; Temple University Press: Philadelphia, 1979.

The National Center for the Study of Corporal Punishment and Alternatives in the Schools, 833 Ritter Hall South, Department of School Psychology, Temple University, Philadelphia, Pennsylvania 19122.

The Last? Resort/Newsletter of the Committee to End Violence Against the Next Generation, c/o Dr. Adah Maurer, 977 Keeler Avenue, Berkeley, California 94708.

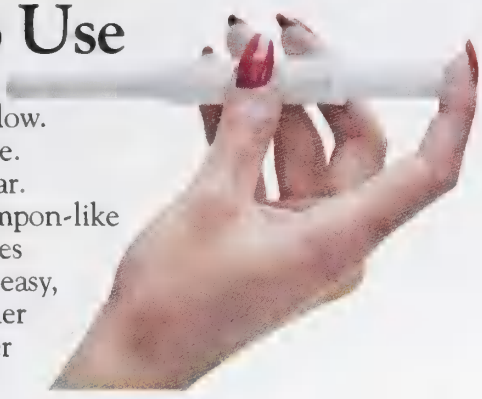


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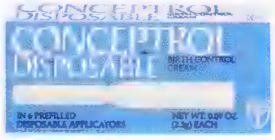
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50¢ R180CD Store Coupon 50¢

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against corporal punishment is in full swing. The Board of Regents, which supervises public education, has recently voted to urge a legislative ban on child beating in all schools. Said one regent, Louise Matteoni, "When corporal punishment is used, either the child needs help or the teacher does." And the beating helps neither.

But does New York really need a law that forbids corporal punishment? When a number of legislators said they weren't sure, parents' and children's-rights groups throughout the state began to gather quantities of detailed case histories. The abolition measure will come up for a vote this year; by that time, no member of the legislature will be able to claim ignorance of child abuse in the schools of New York State.

One case presented to the State Assembly concerns the son of one of its employees. Some years ago, while still in grade school, the boy was hit with a baton by his music teacher. His face was paralyzed; only after prolonged physical therapy was the condition relieved. And the psychological damage, especially at such an early age, has been even more lasting—the youngster says he'll never forget being taunted as a "cripple" by his classmates.

Also in the voluminous folders is the story of a nine year old who was beaten by his principal—twice in the same day—for "making noise." The first time, the boy had yelled when another child kicked him. The second time, he had accidentally tripped over his desk. The principal used the paddle so lustily that the child's buttocks were black, blue and bleeding. His father, a police sergeant, transferred the boy from public to parochial school. "Nobody should have the power to beat somebody like that," the father told me. "How can the law allow this?"

It's a sensible question, and it is now being asked by more and more parents. That question, moreover, leads quite naturally to another: How can the law be changed?

What parents can do

Quite clearly, there is a powerful case against the use of corporal punishment in the schools. But what, specifically, can be done to rescue American children from this blight? What, to begin with, can a parent do when her child is beaten?

The first step, of course, is to protest to the offending teacher and to the principal. Any discipline involving physical force is the parent's prerogative, and no one else's. The only answer you're likely to get, however, is that the teacher was simply following the law—and will go on doing so until it is changed.

At that point, you should begin to organize other parents who oppose child-beating practices. It is essential to gather as many facts as possible about incidents in that particular school and, as your group grows, in other schools around the district. Document the cases with testimony by the children and parents involved.

Once you have an organization, find out what it will take to change the law in your area. Does the local school board have the power to abolish corporal punishment? Is it within the province of the city council? Or does the state legislature decide for the state as a whole?

Then, armed with the collected case histories, parents should convince a legislator to introduce a bill to end corporal *(continued)*

child abuse in the schools

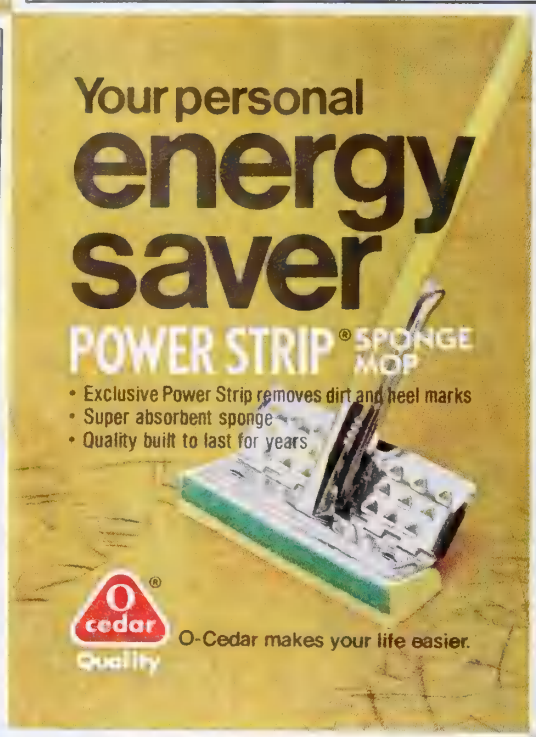
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But surely, the skeptics will say, there are some youngsters who are maddeningly adept at provoking their teachers. If force is not to be used against them, what *will* work? In the schools of Houston, Texas, child beating used to be almost as routine as taking attendance; in recent years, it has been almost totally phased out. This change, however, was accompanied by another: the introduction of a new curriculum, offering courses with broad student appeal. There was also an increased emphasis on counseling for youngsters with problems. And it turned out that corporal punishment wasn't really needed after all.

Actually, a great many alternatives are available. Student behavior problems can often be resolved by counseling—as long as it's the real thing, not just a formality. A particularly "difficult" child can be temporarily restricted to the library or some other part of the building for special study. Sometimes teachers themselves need help, given the built-in loneliness and isolation of their jobs. A school might hold seminars in which teachers could share classroom experiences and discuss approaches to discipline. And if a teacher feels so harried that she's about to blow up, she should have the option of being spelled for a while. Teachers are as vulnerable to pressures, not all of them school-related, as the rest of us.

How one state is fighting back

In New York State, the campaign







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ALMOND ASPARAGUS:

1 pound asparagus
2 tablespoons butter or margarine
1 tablespoon lemon juice
1/2 cup Blue Diamond® Blanched Slivered Almonds, toasted
Salt and pepper

Wash asparagus; cut into 1-inch diagonal slices. Heat butter in skillet; add asparagus and saute 3 to 4 minutes. Cover skillet and steam about 2 minutes or until tender-crisp. Toss asparagus with lemon juice and almonds; salt and pepper to taste. Makes 4 servings.



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child abuse in the schools

continued

nishment. You'll need to do intensive bbying among all those who will vote n the measure, and you may need help. y contacting the local affiliate of the nerican Civil Liberties Union—the na- nal ACLU has taken a strong position ainst corporal punishment.

Meanwhile, try to publicize the issue much as possible. Write letters to local wspapers; submit articles for the edi- rial page. Most television and radio sta- ns provide various forums for citizen inion—take advantage of them.

Finally, when the time comes to pres- t testimony before a legislative body, a good idea to invite child-care au- orities—from educators to psychologists d psychiatrists—to urge passage of the olition bill. These expert witnesses can ly strengthen your cause.

The law *can* be changed, wherever you e, if you work to change it. But it's up you. The child-victims, after all, can- t vote. **End**

What's Happening

continued from page 19

sn't. I don't think we grew up equip- d to live in this world because the rld changed so. Maybe this will hap- n to *our* children, too. I don't know. aybe the world will continue to change quickly that what we give them as kids n't be valid once they're adults. But it my belief that the world's not going to ange that fast and that they could do nost anything if they feel comfortable d secure someplace. And this is the ice it has to be. Here at home, in the nily. There's nobody else who's going to that for them."

Dusk arrives. And with it Justin, from football. He invites me upstairs to his uble-decker bunk bedroom, filled with ffed animals and model boats he has de. He invites me to sit on the floor. talks about what he is going to do en he grows up. "Have a farm in Col- do with Scott and Michael and Jason l Tom and a lot of animals. We'll have a kup truck and all those neat cars and ke a movie a year and that'd be ough to support us."

How do you interview an eight year ? You ask, he picks up a stuffed ani- l. You ask, he stares off into space. You , he says: "Want to see my trains?" n ask, he answers.

What surprised you most about making movie?

"I thought it would only take two rs."

What did you find out?



"It took four months."

What was the worst part?

"Waiting around."

What was your day like?

"You wake up around five in the morning. You have to be there by seven. You break your neck to get there, and they don't use you for three hours. I wait in my dressing room, which is the best. We have a refrigerator, a desk, a TV, a couch and two chairs. My mother was there and my father sometimes, and my sister, too. And my understudy. He and I would play soccer in the corridor."

What happened when you finally got on the set?

"We had to wait another ten or twenty minutes. Then they use you for one scene. Then you come back. Then you do another scene. Then you wait again. Then it's a wrap and you go home."

You couldn't read much, so did they tell you the lines out loud to memorize?

"Every scene. I would go over it and when they read it to me enough times I'd go, 'That's enough, that's enough,' and then the director would yell, 'That's enough,' and then I would do it."

What did you do when the camera stopped?

"I went over to the doughnuts."

There may be a lot of kids reading this who say that since you made the movie you can stay up as late as you want, eat whatever you want, don't have to go to school when you don't feel like it. . . .

"Everybody who's reading this, that's not true." *(continued*

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There's an important scene in the movie when you fall from jungle gym and gash yourself.

"There were lots and lots of pads under me. And they woul hold me on the pipe upside down and when they wanted me t fall they would jiggle it and my feet would come off and I woul go head first into the ground. Then they would put on fak blood. That was a good day because it was Halloween and th makeup man said that since you did such a good job I'll giv you a little jar of the fake blood; so I used it for Halloween. was Dracula."

What advice do you have for people who want to go into th movies?

"Never look at the camera. And if they say wake up at seve o'clock because we need you there at eight, be there at nine Tell them Justin Henry said so. Because you break your neck t get there and they don't use us for another twenty hours."

Justin's big dog Chipper nuzzles open the door and wags int the room. Justin hops up and we all go downstairs. Chippe follows Justin into another room to play and I ask Cliff Henry i Justin would like to make another movie. "He wants to, bu we'll have to see what projects are offered. How often do yo get to work with people who are as wonderful as Dustin Hoffman and Stanley Jaffe and Meryl Streep and the director Robert Benton? Even Dustin said it was an experience o cooperation unique in his career. We may never be this luck again."

Michele: "We're not totally convinced that Justin will eve act again. But I know one thing: Cliff has already resigned himself to being a jet commuter. Because if Justin does act in another picture, wherever the picture is made, our family wil stay together."

I dropped by the school to have a chat with Justin's third-grade teacher, Betty Kleinman: "He's a bright little boy, extremely articulate. He's a riot. He does very good work; other than that his handwriting is terrible. I have a little girl in class who said, 'Mrs. Kleinman, save his papers. They've got his name on them.' I said, 'Grace, when he knows how to write I'll save his paper.' With his handwriting? I'll get his autograph when he's in the sixth grade." **End**



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DANCING IN THE DAYLIGHT

continued from page 59

The dance shifts to a faster tempo, to a tango beat. They segue along the corridor to the window where the station wagon is being dragged under the great hot-air blowers, the SPEED-E-DRYERS.

He dips, and leers with smouldering eyes, a sheik without his desert skies. "Oh, but the nights are long and lonely, too—in Providence, R.I."

She glides and turns to gaze at him, with eyes, half-closed, that melt and swim. "I know, that's why I'll never go—to Providence." Olé.

He shuffles to the right, a touch of the old soft shoe.

"You have children, you say?"

"Oh, yes. My daughter is twenty and my son is—"

"You were a child bride," he says, as if stating the population of Providence. "Thirteen. You were married at thirteen."

"You're close," Elizabeth lies happily. "You're very close. I was fourteen when I married."

He touches her arm, a fellow conspirator. "But Providence, Rhode Island, has its charms."

Elizabeth approaches the idea directly, considers. "No," she says regretfully. "I don't believe it does, not for me. I can't think of even one charm."

Another shift in tempo. He becomes heavier on his feet, more substantial. "I'm a salesperson. Women's sportswear." He names the brands.

She shakes her head. "I don't believe I'm familiar with—"

"No." He looks at her, measuring. "You wouldn't know my labels. You're a woman who has a few really good things."

Elizabeth wants suddenly, intensely, to be dressed in faddish, gaudy clothes. To glitter.

He looks away. "My oldest son is twenty-six."

She hears his statement of condition, can see the footprints, the dotted lines and arrows of his life. A long marriage. Fatherhood. Responsibilities. Promises. She begins to feel a delicate nostalgia.

"So," she says.

"So."

She glances through the streaked plate glass and sees that the station wagon has been freed from its leash and is in the hands of the polishers.

"So," he says again, and then he moves forward lightly, as if to request a waltz. "Look, I'll be back in two weeks. Will you have lunch with me one day?"

"No!" Elizabeth says instinctively, and then she repeats the words, sadly, but with decision. "No. I can't do that."

"I know." He nods slowly, watching her with tired blue eyes. He is a middle-aged businessman.

The station wagon and the sedan are finished, clean and gleaming and powerful in the sunshine. They are blocking the procession of cars emerging from the washing tunnel.

She pays the cashier, he pays the cashier. Together they walk out to the ramp.

They speak in counterpoint.

"You are sure you can't meet me for—"

"I really wish I could meet you for—"

He grins at her and she smiles back.

"Have a—I hope you have a good time in Providence," she says, instead of something else.

He shakes his head, negating the possibility, and puts out his hand. She takes it and, mildly surprised at themselves, they shake hands like businesspeople closing a deal.

He escorts her to the station wagon and opens the door for her with the flourish of a nobleman bowing low at the end of a polonaise. She touches his arm lightly and closes the door.

He turns left toward the freeway, toward Providence, Rhode Island, and she turns right, toward the supermarket. She watches the sedan in her rear-view mirror. She watches until it is out of sight.

She turns a corner deftly and the station wagon, aware of a firm, decisive hand at the helm, loses all sense of mountain roads, of cliffs. It does her bidding instantly, meekly. She gives the steering wheel an absent-minded, affectionate pat. She is not thinking about the station wagon. She is thinking about Clark's gray suit at the cleaner's and about what she will buy to store in the freezer against the next influx of students.

Elizabeth's chin is high and her eyes are sparkling. It might appear that she is a typical suburban matron guiding her station wagon from car wash to cleaner to supermarket, but things are different now. Elizabeth knows that she is more than that. She is much, much more.

Elizabeth is a woman who almost can away her promises and responsibilities like so much confetti. Elizabeth is a woman who almost danced away to Providence, Rhode Island, with a blue-eyed man, with her long hair streaming loose in the wind. **End**



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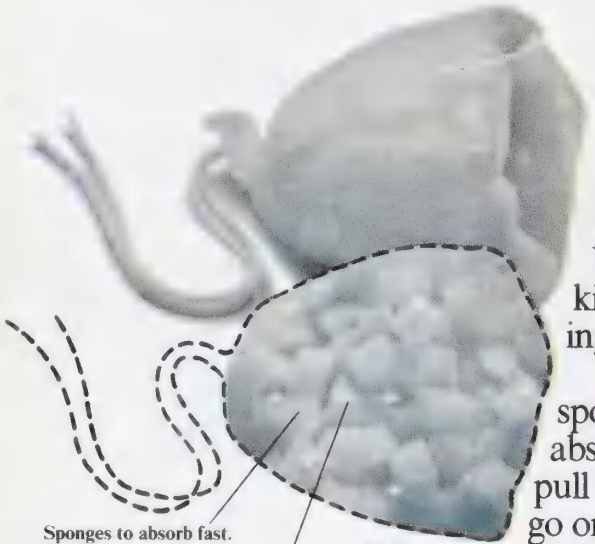


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Lenore Hershey

Editor's Diary

Our Parents, Ourselves

The subject of both mothers and fathers is a large part of this issue of the *Journal*, and we think it's a good thing. In all of us we carry the thread of continuity, for better or for worse. More than every Mother's or Father's Day, it's a self-strengthening exercise to remember, to reevaluate and, if possible, to reach across the generation gap. (Both of my own parents are gone, but I often wish my father particularly was around to share in some of the excitements that have happened to me.) On the *Journal*, our editorial staff are also parents: 15 mothers with a total of 29 children; two fathers with four children. But we also went and asked for some memories and comments they had about their own parents.

"My mother talked to her rosebushes in her London garden. She said conversation made them grow." JAN GOODWIN . . . "I will never forget 'Mom's Potholder Pie.' She accidentally left a potholder in the crust of a lemon meringue pie she was making, and I think of it every time I order that pie." ALICE KASTBERG . . . "My father is very ill now, which makes my memories even more poignant. It was he who always encouraged my love of animals, even when I adopted eight rabbits and four ducks. I remember one Fourth of July parade, for which he helped me decorate a baby stroller, in which a bunny was featured along with the Declaration of Independence. It won a prize." SUNDAY HENDRICKSON . . . "Mom's the eternal optimist. Even when life is at its bleakest, she always says, 'Things could be worse!'" BARBARA FORTSON . . . "My father always picked out clothes for my mother, my sister and me. We never went shopping; he had such perfect taste!" SUE OPPENHEIMER . . . "Both my mother and my father always liked to mix up clichés. In our family you 'took the horns by the reins' and you had 'a tough oar to hoe.'" JANNY LITOW . . . "My memories are of a Viennese childhood. During the week, my father was a remote, busy, movie executive. But weekends, he'd take me to sidewalk cafés and we'd renew our bonds over sacher torte and whipped cream." TRUDY OWETT . . . "Every time there was a disaster or a crisis, my mother would turn to me and say, cheerfully, 'It builds character.' Finally, at fifteen, I got enough gumption to inform her, 'I've got enough character already.'" MAUREEN LYNCH . . . "My father was in the produce business in Enid, Oklahoma, which was prophetic of my future. In case you hadn't heard, Enid is 'Dine' spelled backwards. It undoubtedly helped me decide to become a food editor." SUE HUFFMAN.

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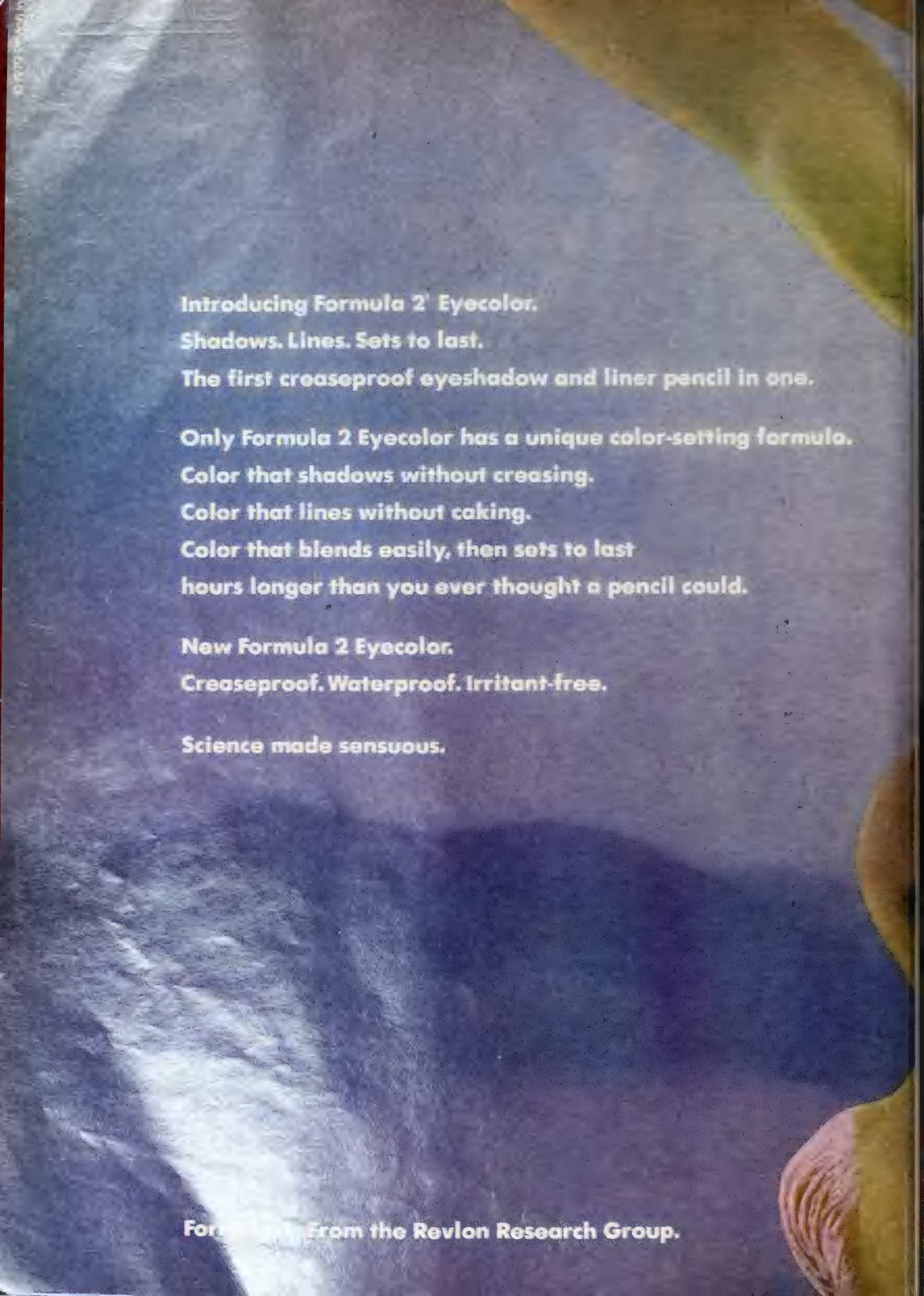
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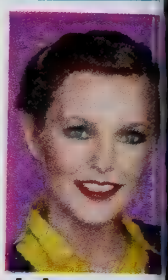
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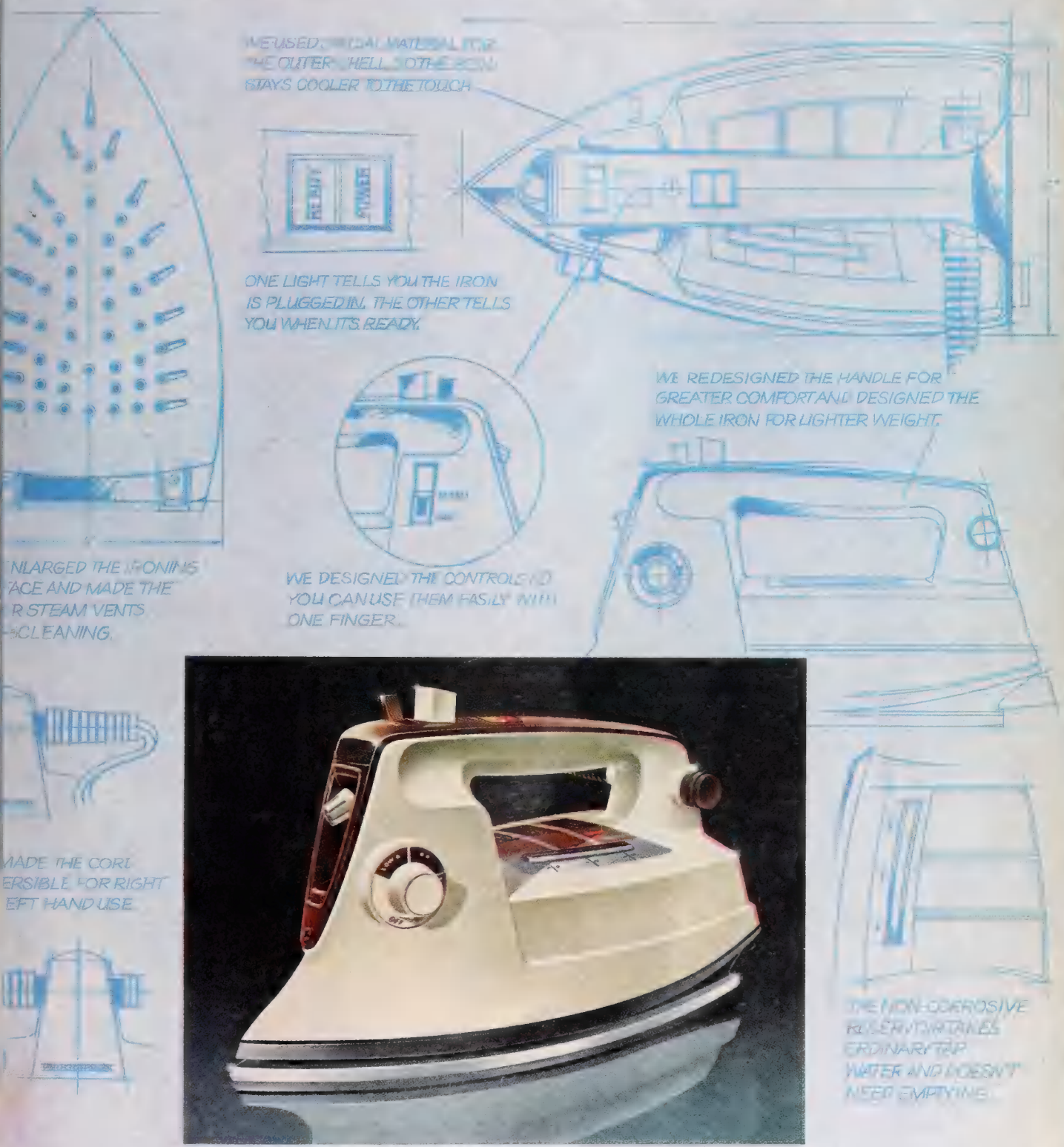
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"I'm In Love – With My New Face"

By Kate Christopher

When I was growing up, all good things came to me because of the way I looked—at least that's what I thought. In Darien, Connecticut, a very small, social town in those days, life could be miserable if you weren't part of a select group of girls. Because my mother was divorced and we lived with my grandmother on the wrong side of town, I was sure that if I weren't pretty I wouldn't have been accepted by all the right people.

The fear of being unpopular, and the conviction that life was easy only if you were attractive, left its mark on me. I'm not ashamed to admit that I am still more confident when I feel that I look well, although I'm finally aware that I can get by on who I am rather than the way I look. I've worked hard to make my interior decorating business a success and my second husband loves me for myself. But as I approached the age of 52 and saw that my looks were going, I didn't like it at all.

It made me sad to look in a mirror. I hid my crepey neck under turtleneck sweaters but I couldn't do anything about my wrinkles and sagging jowls. I was also going through the change of life, which wasn't helping my self-image one bit. For me, it was just another reminder that I was getting older, another reason to tell myself, "It's all over."

I've always known I'd have my face lifted when the time came. I talked and joked openly about it—only half kidding—for three years. Then, three months ago, a friend whom I hadn't seen in over a year took me to lunch. Linda, an attractive woman, has an executive job at a local bank and a boyfriend ten years her junior. Over dessert she confided that she was going to have plastic surgery on her eyes. "Do you know, Kate, that your eyes are what give away your age, too? Why don't you have them done? Wouldn't it be fun to do it together?" she asked.

That was it. It was all the encouragement I needed. I went to see Linda's plastic surgeon, almost hoping he would tell me I was crazy. Dr. Hood wasn't very warm and he had what I thought was a strange sense of humor, but I had faith in him immediately. "I've grown old before my time," I said. Then I ran on for five minutes, describing in detail what was wrong with my face.

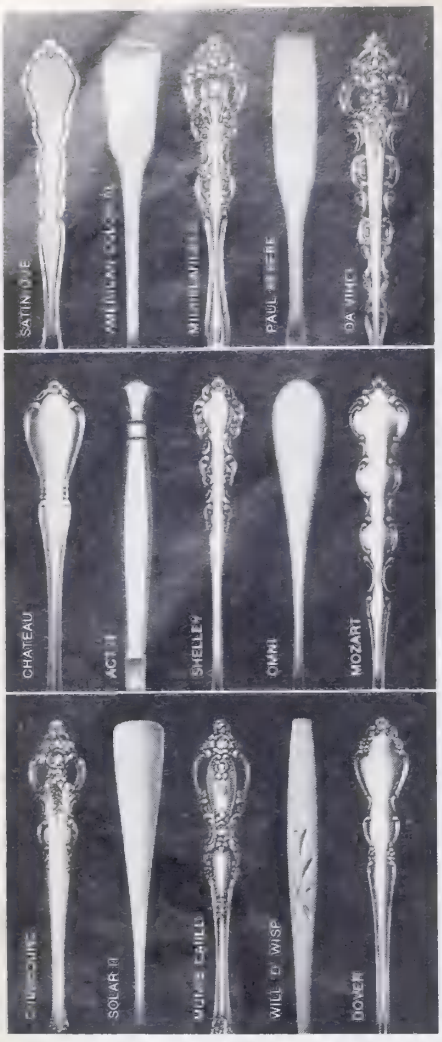
"Is that all?" he asked. I nodded. "Now I suppose you want me to talk?" I was sure he would say, "You don't need it." Instead, with his hands he deftly pulled back the loose skin on my face and showed me what a face-lift, as well as an eye operation, would do for me. I was convinced. In seven weeks, I'd have *both* operations.

A difficult decision

During those weeks, my husband saw a side of me that he had never experienced before, a vain, shallow side. Every night I importuned him, "Should I do it, Stephan?" or "What should I do, Stephan?" Finally, in exasperation, he said he would no longer discuss it because no one could, or should, make up my mind for me. Among my friends, however, it continued to be my only topic of conversation. I thought the whole world revolved around my face-lift and I felt *(continued)*



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It's Not Easy

continued

that I couldn't go ahead until I had everyone's permission and support.

The eye-lift was scheduled for Wednesday, the first week in September. The following day I would have the full face-lift. I was aware that my eyes would be swollen and black and blue, and that I'd look a little like Frankenstein's monster, complete with stitches, for a while. But the first night in the hospital was a kind of celebration for me.

I made patient rounds with the night nurse, as if I were back in summer camp, then fell asleep without sedation. At three A.M. I woke with my heart pounding. "What if I don't look like me anymore? Is there still time to back out?" I thought. "What if I look terrible afterwards? What if no one notices? Should I have told the women in the office about the operation so they wouldn't be shocked, or worse, disappointed?" I didn't get much sleep that night.

Instructions in the operating room the next morning were to "put your arms under the blanket and don't do anything unless I tell you to." I wasn't aware that Dr. Hood had begun the operation until I felt a gentle presssure on my eyes. I shifted my knees because lying on the hard table was hurting my back. "I told you not to move," said Dr. Hood. "That could have been an oops."

Two hours and forty minutes later I was back in my cozy, overheated room. All the rest of the day I felt abandoned. Stephan came that night and didn't seem at all surprised or disgusted by my gauze-covered eyes, even when I took off the bandage. He kissed me and said, "Well, now you're half beautiful."

Making the other half beautiful was the real ordeal. Dr. Hood warned me that there would be at least five minutes during the second operation during which I would hate him. He was right. At one point, I put my hands up to remove what felt like an ever tightening vise around my head—Dr. Hood was bandaging my head in a football helmet of gauze. The nurse quickly grabbed my hands and the doctor said, in the testiest of voices, "I told you not to do that." I started to sob: "Why am I doing this to myself?"

For four days I looked like a cross between Charlie Brown and a chipmunk. Needless to say, I was depressed. Then the swelling and the dull ache began to subside somewhat. Linda, in the next room, spent her time composing a scathing letter to Dr. Hood, criticizing his bedside manner and questioning his competence. She was not having an easy time of it. Her boyfriend had chuckled when he saw her and asked why she wanted raisins in an old face. I was beginning to think that her dissatisfaction with the doctor and the operation was directly related to the insecurity of her romantic situation. I longed to go home to my loving husband.

The new me

Ten days later, I was ready to leave the hospital and almost ready to face the world. I was no longer wearing my football helmet and, wonder of wonders, my face hadn't dropped when the bandages were removed. The sides of my neck ached, I had black and blue marks under my eyes and chin, and my face was still fat, but I was thrilled with my smooth cheeks and neck.

The thrill was gone by the time I went to my first office visit since the operations. From my eyebrows all the way through my hairline was a collection of big black stitches and I had begun to worry about scarring. Dr. Hood, however, assured me that the scars would disappear. By this time my feelings for him were almost like those toward a lover. Hadn't we gone through so much together? Wasn't my fate in his hands?

Returning to my office, two weeks after the operation, was a great test of strength. What a long trip—past five desks! Fortunately, I got lots of oohs and ahs and remarks such as, "I didn't know you had such pretty eyes." One young woman just kept walking around me, staring, until I asked her to let up. "I can't help it," she said. "You look so good. And if you can do it, then I'm going to do it too someday."

One month has passed. Although my life hasn't changed in any profound sense, I feel as if I've gained five years, not only because of the way I look but also because of the new lift in my step and my renewed self-confidence. I feel attractive again—and that's important to me. And coping with the operation and the aftermath has given me quite a feeling of accomplishment. Even if my face were to fall tomorrow, I'd do it again. **End**

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What's Happening

Gene talks with husband and wife Laurence Olivier and Joan Plowright about the joy and pain of acting. Whatever the balance, acting to Sir Laurence is work, "something you cannot live without."



By Gene Shalit

Sir Laurence Olivier is the most celebrated actor of our age. *Hamlet, Othello, Richard III*, the Old Vic, the National Theater of England, Oscars, prizes beyond counting, a knighthood (Sir Laurence), a life peer (Lord Olivier), a dear friend to many (Larry). At 73, he has fought a flock of illnesses and, though debilitated, he works almost continuously. He and his wife, the distinguished actress Joan Plowright, greet me in their summer-sunny suite overlooking New York's Central Park, their living room ablaze with bouquets and baskets of amaryllis, tulips and scents of spring.

I ask if people who work with him are intimidated. He sips his tea. "They are until they start laughing," he says with a gentle smile. "I've not got any kind of a terrifying reputation." I ask his wife if that's true. "I think he *thinks* it's true," she says, throwing him a mischievous glance. "He's perhaps not quite aware of the sort of reverence that he's held in by the younger generation of actors, who *do* worry about their first rehearsal with him. They're scared to death. But as he says, one lunch and drink at the pub with him and they're okay."

Was *she* intimidated at first?

"Oh yes, frightened out of my wits."

"Those were the days," he murmurs with a twinkle.

"When we first started rehearsing together I was very scared of him," she says. "He called me Miss Wheelright! Then he called me Miss Plowshare."

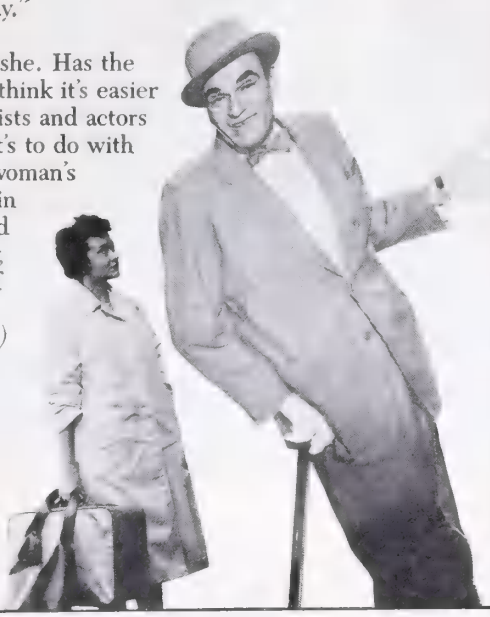
"What does he call you now?"

"Oh, I wouldn't dare to say."

Laughter all around.

He is 22 years older than she. Has the difference been difficult? "I think it's easier in our profession, among artists and actors and musicians," she says. "It's to do with shared interests. From the woman's point of view, there's a certain amount of hero worship. And from the man's point of view, it's finding again that kind of *enthusiasm* for work

(continued on page 26)



In a favorite Olivier movie, The Entertainer, *Miss Plowright contemplates a poster of Sir Laurence as Archie Rice.*

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What's Happening

continued from page 21

which they find with a younger woman, and the energy to go *ahead* with it."

I wonder if acting *is* work for them, or do they find it a pleasure? Miss Plowright leaps to the answer: "It is *tremendous* hard work. It needs tremendous discipline. It is painful a lot of the time, but *sometimes* it is joyous." Sir Laurence says, "I put it a bit tougher than that. I think your work is something you cannot live without. It's like a yoke on an old ox. You're lost with*out* it. You wouldn't be able to steer in the right direction."

When they are on the stage, in the midst of a performance, do they ever consciously think to themselves, "I am really good tonight!" Olivier shakes his head no, no, no. "If you express contentment to yourself you close the lid on your can of beer. The only hope is to keep on going, to keep hoping for the best."

Many people assume that Sir Laurence, so towering a figure on stage, prefers it to film or television, but I am surprised to discover that he doesn't feel that way at all, and neither does his wife. "I think what is crucial about the stage," says Miss Plowright, "is that it is finally your own journey that you have to make when the curtain goes up. There's nobody else doing it for you. Nobody is cutting and editing. There's only a kind of danger—you're out there alone—and that's exciting."

"The theater demands much more energy than either of the other two," says Olivier. "In my case, I'm saying farewell to the theater because I just haven't got the energy. I am thankful to God that there are other media like film and television which I feel are fairly well within my compass. I'm in full praise for these wonderful inventions. A hundred years ago I would have been out of a job."

In thinking back over his many films, Sir Laurence was especially delighted with his film portrayal in John Osborne's *The Entertainer*, in which Miss Plowright was his co-star. He calls it his favorite role. She cautions: "Are you sure?" He says, "Yes, because it was such a change. All of my usual work was classical and very much on the heavy side and terribly serious and intense and earnest. It was an enormous joy to loosen right up with this. I let down my corsets."

Olivier loves comedy and he wants to set straight those people who think it is somehow inferior to heavy drama. "Your energies are very specially required, more so in comedy than in tragedy. You can play tragedy in the last stages of exhaustion; you can still cough out something and it might be extra effective for the reason that you happen to *be* exhausted. But you *cannot* play comedy unless you're feeling on top."

He keeps asking why I address him as Sir Laurence when he much prefers to be called Larry. "Oh, Gene is perfectly right to call you Sir Laurence," his wife tells him. Then to me: "He thinks that Americans don't like calling someone Sir, but I assure him that you *do*." I say "Larry" seems entirely inappropriate. It has always made me feel odd that the President of the United States calls himself Jimmy, and I have speculated about the course of history if other leaders had assumed diminutives. "Can you imagine Dick the Lion-Hearted?" I ask, "or Bill *(continued)*

GENE SHALIT RE-VIEWS

. . . **And Justice for All**—Al Pacino and a strong cast collapse under a wretched script.

The Black Stallion is wonderful family entertainment; based on the popular book about a shipwrecked boy rescued by a wild stallion.

Chapter Two has a script of pure gold by Neil Simon and a good performance by Marsha Mason, but the rest of the cast is disappointing.

Going in Style, with George Burns, Art Carney and Lee Strasberg as three elderly men trying to put life into their lives, will make you love movies all over again.

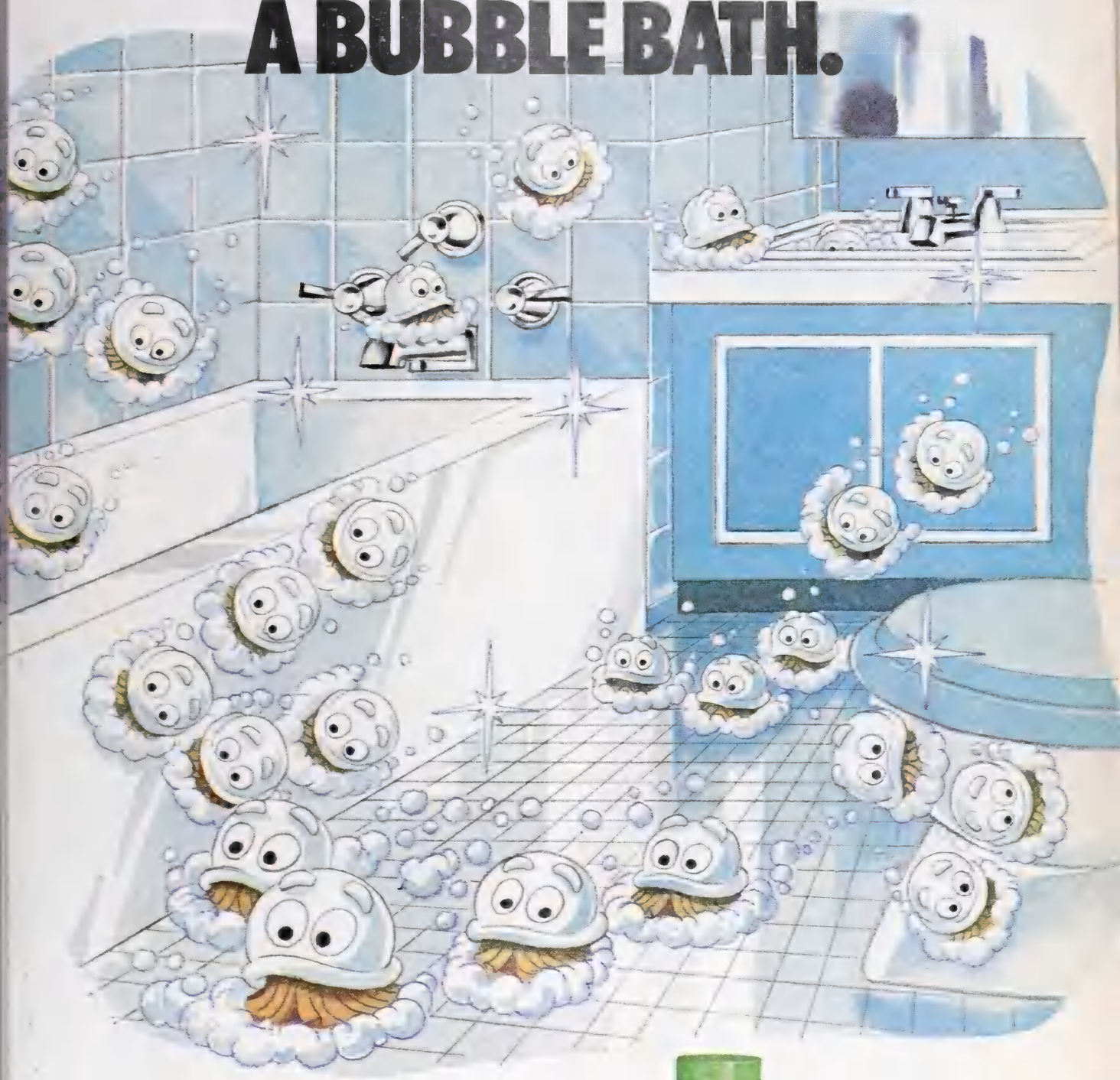
Kramer vs. Kramer stars Dustin Hoffman and Meryl Streep as parents in a custody battle over their son, and is one of the finest films in years.

1941—Director Steven Spielberg let this one get out of control.

Promises in the Dark stars Marsha Mason as a doctor treating a young patient. A warm story about caring and respect.

Soldier of Orange is an engrossing drama about members of the Dutch resistance during World War II

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the Conquerer?" This makes them laugh, and Olivier's unforgettable portrayal of Richard III prompts Miss Plowright to say, "I had a landlady once who said she had been to the cinema and had very much enjoyed seeing Richard the Hundred Eleventh." Olivier thinks that uproarious: "I have never *heard* that one before. How beautiful!"

And now, into his seventies, looking back over an unparalleled career of more than half a century, does he have any regrets? "There's nothing I regret very deeply, because that's a waste of time, isn't it? It's simply a waste of energy. And it's also very depressing. There's no reason to depress yourself about something when you know perfectly well that—at the time—you were doing your best."

He has *always* done his best, all the way back to an amateur production 58 years ago, in 1922. As a lad he stepped onstage in Stratford-upon-Avon in the first part he ever played: Katherina in Shakespeare's *The Taming of the Shrew*.

He remembers it fondly: "I was absolutely ravishing."

THE MOVIE SCREEN SCENE

I am angry about a new movie called *Cruising*.

I am angry at the men who made it.

I am angry at the members of the rating board who have seen this sick and sickening movie and have not given it an X-rating, which means that in most cities any child carrying the price of a ticket can get in to be stained by it.

Cruising is a movie about a series of murders in New York in which the victims are homosexuals. Despite United Artists' holy—and wholly specious—disclaimers, I feel that most audiences will infer that this movie depicts the life and world of *all* homosexuals.

The script flows down the sewer leading from William Friedkin's typewriter. In a free society, people are free to make—under the mask of art—anything they *want* to make. And that is right. But in a free society, each person *also* has the right not to buy a ticket. The acting is inferior. The language is grotesque. The violence is stomach-turning. Perhaps the men who made this movie hope that notices like mine will tempt you into seeing it for yourself. I hope you won't fall for that fake come-on. That's an old marketing trick.

Anyone who permits an impressionable youngster to see *Cruising* is irresponsible. This review has one judgment: The movie *Cruising* is disgusting and loathsome, and everyone connected with its making is covered with shame.

SHINING PLEASURE

My Brilliant Career may well be the beginning of brilliant careers for the young Australian actress Judy Davis and her woman director, Gill Armstrong. This is the first feature for both. The film is set in Australia in 1897, the story of a young girl who lives on a meager farm and is miserable. She loves music, art, literature, but she has a bleak housemaid future. When her wealthy grandmother summons her to live in a grand house among fine people, she goes off to a new life of fashion and finery. There she discovers that grandmother expects her to meet some proper gentlemen and marry. And that is her conflict: wedding or writing? It is resolved in a film that is beautifully photographed, intelligently written and handsomely acted—a film of shining pleasures.

THE DIZZY DREAM

We could all use a good laugh, so rush to see *Gizmo*, a panorama of old newsreel films of people who have invented or done nutty things. *Gizmo* is never cruel. It was made with a smile—a tribute to America before we were homogenized, when the individualist who had a dizzy dream could see it come true. If *Gizmo* doesn't turn out to be one of the funniest films of 1980, we're going to have a spectacular year! **End**



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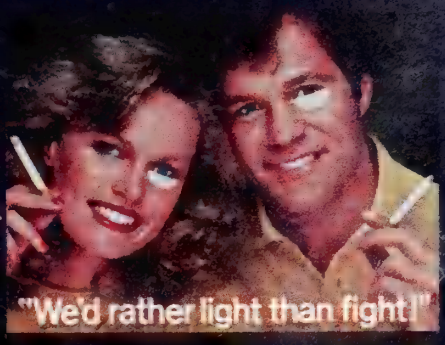
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Can This Marriage Be Saved?

Ron wanted Sylvia's love, but only on his terms. When a wife needs intimacy, can she settle for just affection?

By Dorothy Cameron Disney

"My Husband Won't Make Love to Me"

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit, educational counseling and research organization with a staff of 70 counselors. The true stories reported here are drawn from counselor's reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was Dean Smith.

SYLVIA'S TURN

"Ronnie came unglued when I announced I had invited his mother and stepfather to spend a weekend with us," began 31-year-old Sylvia, an attractive airline stewardess who had lost her first husband a decade earlier in a private plane crash.

"My mother-in-law is an uncomfortable houseguest," Sylvia continued, "because she and her husband fight all the time. But I wanted her here for a reason.

"Ron's mother is lobbying for grandchildren, my mother is too, and I felt sure she would bring up the topic. Frankly, I hoped an all-out discussion of children, a subject Ron tries to avoid, might influence him. I badly want a child, but he says he isn't ready to assume the responsibility, although there's no question we can afford a family.

"For a couple our age, Ronald and I are very well set. We own a nice home, worth twice what we originally paid for it, and Ron's subcontracting business is prospering. On the surface our marriage looks darn near ideal—which is far from the truth. Sex is our problem. As we flourished financially, our sexual relationship deteriorated. It began to dwindle away long before I ever mentioned a child, so my longing to get pregnant doesn't explain the calm in our bedroom.

"For some unknown reason, Ron has lost all interest in sex. According to the doctors, there is nothing wrong with him—he isn't impotent in the ordinary sense—but he has no desire to make love. He swears he loves me more than he ever loved any other woman, and I believe him, but I feel awfully frustrated just the same.

"It has been several months since we made love, and *that* was at my instigation. Last week I even attempted a striptease to arouse his interest. Ron whistled, then he said he had an urgent business appointment—a fable, I'm sure—and away he went.

"His attitude is a big change from my first husband's. Jack and I were madly in love, and it's still hard for me to talk about his tragic death. But it was during that period of shattering grief that Ron and I got together.

"Ron was an acquaintance who had just returned from a two-year stint in the army when Jack's plane went down. I vaguely remembered him as a chip-on-the-shoulder guy, bad tempered and fickle, drifting from one girl friend to the next, one poorly paid job to another. In the weeks following the funeral, I discovered he had changed quite a bit. He was serious, disciplined and ambitious. But most of all, he was sympathetic and supportive.

"It wasn't long before Ron moved out of his dingy, cramped quarters and into my apartment. Perhaps we began our live-in relationship too soon, but my mother approved and so did Jack's parents. They knew how much I needed the comfort of Ron's presence.

"Ron helped me empty the apartment of Jack's clothes, his gun collection and other gear. I parted with everything except a few letters and a favorite bathrobe that I occasionally still wear on cold mornings.

"In those early days our sexual relationship was tender and sweet. It may have been less turbulent and less exciting than the sex I'd had with Jack, but both of us were pleased with each other. And I know we were both satisfied with the frequency—we made love two or three times a week.

"From the beginning, Ron pressed for marriage, but I was afraid to take a chance on his temper. Our first big battle, one of many, was about marriage. He threw a horrible tantrum and hurled a lamp out the window. In an instant I acted as though I were a frightened little girl again, running to escape the yells and furniture-smashing of my alcoholic father. I locked myself in the hall closet, but that didn't stop Ron, who kicked down the door. Somehow I recovered my courage and ordered him out of my sight and out of my life.

"He left, but he returned half an hour later with tears in his eyes. I said he could stay if he'd agree to counseling. With professional guidance, plenty of it, Ron gradually learned to control his temper most of the time, and I learned not to run away from his explosions, which infuriated him even more.

"We were still in counseling when we married, seven years ago. Marriage didn't improve our relationship. Quite the contrary. In a way it was partly to blame for the erosion.

"Ron went all out to establish his business and turned into a workaholic, while I foolishly cheered him on. Soon he became so preoccupied with getting ahead that he had no time for companionship, fun or lovemaking.

"Month after month I told myself to be *(continued)*

Look again!

You are reading this through a glass washed in Dishwasher **all**. The reason it's so sparkling clean and clear is the special Rinse Agent Formula in Dishwasher **all**. It gets everything spotless as can be.



Can This Marriage Be Saved?

continued

patient. I realized my situation wasn't unique or even unusual. Many of my girl friends, in fact most of them, complained of the same problem. In the old days, I hear from Mom, it was wives who evaded sex and frustrated their husbands. Now it's husbands who are too tired or have a headache, and their wives are frustrated.

"Finally, my patience snapped. I told Ron he could either readjust his schedule and pay more attention to me, or he could pack and leave.

"He left. For six weeks he slept on a cot in his office. But, as a counselor recommended, we went back to dating again. Apparently this routine made him value my company more. At any rate, he drastically reduced his work hours to a normal day. For a while our sexual relationship benefited, but again gradually slipped into a decline.

"In private and in public too, Ron is attentive and affectionate. Our friends—mostly *my* friends—say we act like honeymooners, which just goes to show how deceptive appearances can be.

"Ron and I don't quarrel the way we used to do. We're young, healthy and have few financial worries. I have a lot to be thankful for. Still and all, I wonder whether a marriage like ours, a marriage without real intimacy, can last."

RON'S TURN

"I don't need to be told I'm an emotional foul-up," said 32-year-old Ronald, a determined young man who had a slender build and a thick, blond beard. "I've been fouled up ever since I can remember," he continued. "I guess I must be looking for something that's hard to find.

"I think I want a feeling of security. I need the confidence to believe that I amount to something in this world. For some reason, I always used to feel as though I were the most stupid, worthless person in the room—any room. Yet when other people agreed with my assessment of myself, I got mad.

"I used to blow my stack, make a spectacle of myself and ruin every party I attended. That no longer happens. With Sylvia's help, I've acquired a little self-control.

"Sylvia deserves more from a husband than she's getting. It isn't her fault that our sexual relationship is lousy. At the moment, sex is something I would rather pass up. I enjoy affection, the warmth of kissing Sylvia, but there I stop. The thought of too much closeness, total closeness, with another human being, even my wife, is frightening to me.

"Sylvia comes on pretty strong, not only sexually but in every aspect of our lives. She's smarter than I am by far, and she's also emotionally stronger. I depend on her brains and her emotional strength while at the same time I wish it wasn't necessary for me.

"Right now, with the connivance of her mom and, of all unlikely people, *my* mom, she's trying to manipulate me into starting a family. She and I need to be on a more stable basis ourselves before taking on a child.

"I've never felt that Sylvia really wanted to be married to me. Indeed, even at the wedding she had a sad, faraway expression on her face. I thought at the time that she was remembering her first husband, Jack.

"Jack has been the fifth wheel in our relationship for ten years now. When Sylvia and I decided to live together, she insisted that we live in her apartment, the apartment she had shared with him. His things were everywhere. What I hoped, unrealistically, was that Sylvia would throw out or sell everything immediately. Instead, she parted with a leather jacket here, a camera there; his guns were sold separately, one by one. For months I felt like I was living in a dead man's shoes.

"After we finally bought our home, a fabulous place, I was able to relax—almost. Damned if she didn't haul along an old bathrobe of Jack's and a bunch of his letters. More than once, times she's probably mad at me, I've seen her curled up in that bathrobe, thumbing through those letters.

"Everybody says I'm too sensitive, and I suppose it's true. My mother, who drives me up the wall, played hell with my self-confidence before I was old enough to fight her off. She claims she couldn't help it. My father walked out on her when I was born, and she shipped me to my grandfather to raise. He was a good old guy and wanted to adopt me. Mom wouldn't hear of it, oh, no! She had to keep me on a string.

"When she married my stepfather—by then I was eight years old—she snapped me back like a yo-yo, and I had to live with them on their ranch. My stepfather wasn't too bad. Although he made me work hard, I had a fellow feeling for him because Mom bullied us both.

"I was a lonesome kid, and my hot temper kept me from making friends. I have hazy mental pictures of myself chasing after different groups at recess and hollering, 'Wait for me. Wait for me.' As I recall, none of the kids ever waited.

"Sometime in my teens I discovered girls. First one girl and then another would capture my heart but wouldn't love me in return. Then, when I was seventeen, I found a girl who said she loved me. But soon, much too soon, she announced she was pregnant by me. There was no way I could have been the father, but I ignored the facts and married her.

"The marriage lasted two weeks. We had a quarrel, and she screamed that her old boyfriend was responsible for the pregnancy and that I was an idiot. Her father rescued me from my foolishness by paying for a quickie divorce and then whisking her off to another state.

"That experience, unfortunately, didn't cure me of falling in love. I went through a dozen love affairs before I fell head-over-heels in love with Sylvia.

"I've been in love with Sylvia for ten years now. She gives meaning to my life as no other woman has ever done. I'm totally involved with her; I want nobody else. But I just don't want to make love to her.

"I'm afraid of Sylvia getting too close to me. Maybe I'm afraid she'll dominate me completely. Or, worse still, maybe she'll stop loving me if she discovers the real me. In any case, I wish she didn't make such a big deal about sex."

THE COUNSELOR'S TURN

"An ambitious, goal-oriented couple, Sylvia and Ron had a great deal going for them in the way of solid achievements," the counselor said. "On the other hand, they had much work to do to save their troubled marriage.

"Both Sylvia and Ron carried the psychic scars of unhappy childhoods. Although Sylvia's mother divorced her whiskey-soaked, vitriolic husband when Sylvia was nine years old, Sylvia still retained vivid memories of his outbursts. She recalled him throwing a cousin down a flight of stairs one night and remembered another time when he broke her mother's jaw. Sylvia, consequently, grew up suspicious of the masculine sex but at the same time chose men who had tempers much like her father's.

"Although Sylvia romanticized her first husband to a remarkable extent—perhaps because of his tragic death—their marriage was far from tranquil. She admitted during the course of counseling that they often had violent quarrels because he couldn't, or wouldn't, hold a job. In fact, Sylvia had to pay for the flying lessons that caused his death. As she faced the truth about Jack, she became more accepting of Ron's limitations *(continued)*

OF POEMS

By Maureen Cannon

We all *create. You turn to silk*
A piece of wood whose symmetry
Enchants us. With flour, milk,
And love (the selfsame love you bring
To carpentry), she molds her cakes,
Confections, each a perfect thing,
Her own, unique. Her sister makes
The stranger smile with honeycombs
Of gentle words, with wisdoms of
The heart. There are as many "poems"
As there is love.

Do you look younger from a distance than you look up close?





Remember the last time you ran into someone you hadn't seen in years? She recognized you instantly, as if you hadn't aged at all. But it was from across the street that she first saw you. And as she got closer, didn't you wonder if your youthful appearance would hold up, up close?

Looking younger is easy from a distance. Unfortunately, you don't spend your life so far away. That's why so many women around the world have discovered the secret of a mysterious beauty fluid that helps them look younger, even up close. Here in the United States, that secret is known as Oil of Olay.®

Once you try Oil of Olay, you'll find that it's quite different from anything you've tried before. Oil of Olay is a remarkable blend of precious tropical oil and emollients that works mysteriously to help your skin hold on to its youthful look. In fact, Oil of Olay is like the natural fluids and oils so abundant in younger skin. Perhaps that's why your skin responds so quickly.

Oil of Olay starts penetrating the moment it touches your skin. So it works quickly to soften dryness and ease little laugh lines. And that's only the beginning of your new, younger look. Because Oil of Olay also hydrates the surface layers of your skin, it provides a young and dewy climate for your skin to live in all year round. So not only will it help you look younger now, but it will continue to help you look younger for as long as you cherish this precious beauty secret.

Will you notice the difference right away? Happily, yes. Immediately your skin feels softer. And almost as quickly, it looks more radiant. That's when you know you look your youngest, even up close.

Oil of Olay is surprisingly greaseless, too. So you'll want to use it all day. Many women use it before applying their makeup, because Oil of Olay helps the application go smoothly and the finish stay fresh looking. And some women like to use Oil of Olay all alone, because it gives their skin a soft, lustrous glow.

Once you discover the secret of Oil of Olay, you too can look as young up close as you do from a distance. And up close is where it counts.

Oil of Olay. It can help you look younger, too.

BEAUTY HINTS:

For a quick pickup at the end of a busy day, turn down the light, kick off your shoes and lie back. But first lavish Oil of Olay® beauty lotion on your face and neck. Oil of Olay helps ease dryness and bring out a look of natural radiance. Let your skin luxuriate in this moist climate. Then set the timer for fifteen minutes and think quiet thoughts. You'll feel refreshed and your skin will, too.

Dry skin can happen everywhere. So after you pamper your face and throat, be sure to pamper your body. Use extra beauty fluid on hands and knuckles, knees and ankles, and even the soles of your feet. After bathing is an especially good time to help ease the dryness in those special areas.



Can This Marriage Be Saved?

continued

and was less inclined to be domineering.

"Ron's mother, despite her clamor for grandchildren, was apparently a cold, unloving woman. Her early abandonment of Ron gave him a feeling of rejection that he found hard to overcome. And, quite naturally, his inner feelings affected his relationships with others. His sensitivity, suspiciousness and hair-trigger temper alienated people from childhood on. Before settling down with Sylvia, he fought his unpopularity by pursuing a series of girls with whom he speedily fell in 'love.'

"In Ron's eyes, 'love' meant that the young lady of his fancy was supposed to make up for all Mom's failings, sense his every unspoken wish and fulfill it instantly. Even when Ron conned himself into believing that he had found his angel, he was unwilling to yield to the power of sex. A temporary involvement was okay, a long-term sexual relationship too dangerous to risk.

Two possibilities

"Why? There were two possibilities, among many. One, Ron was afraid his sexual partner would reject him as his mother had done. Two, he was afraid the encounter might lead to pregnancy, and he did not see himself as an adequate father. The subject of pregnancy also reminded him of his humiliating teen-age marriage—a painful episode that he wanted to forget.

"In their ten years together, with the aid of much counseling—group sessions, joint and individual sessions—Sylvia and Ron learned to accommodate themselves to each other to a remarkable degree. Each recognized and valued the tangible assets acquired as a team—their expensive home, Ron's thriving business, their active social life.

"On the intangible side, each was grateful for the difficult changes made by the other. Sylvia deeply appreciated the fact that Ron learned to curb his temper and, after additional counseling, that he greatly reduced his work schedule for her sake. He appreciated the fact that she stopped running and hiding from him when they quarreled and that she no longer tried to manipulate him with such tactics as issuing invitations to his destructive mother. He also was pleased when she cleared the house of Jack's old letters and bathrobe. He saw that as a real victory.

"Sylvia and Ron now share an almost complete understanding of themselves and each other. They can talk about anything and everything, and they're at peace in public and in private. It's my guess that they'll solve their sexual dilemma in the not too distant future." **End**

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If you've already got a sewing machine, bring it to Singer. We'll give you a trade-in allowance toward your new machine that'll mean the price is even lower.

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THE PRIZE WILL BE [illegible] AND CONSISTS OF A CENTRAL FLORIDA LAKE ISLAND [illegible] FURNISHED HOUSE [illegible] ("IMPROVED ISLAND") OR, AT THE [illegible] OPTION (EXERCISED NOT LATER THAN OCTOBER 1, 1980), THE [illegible] OF ONE HUNDRED TH[illegible] DOLLARS ($100,000).

If at any time the island or the house or it is destroyed or, in the sponsor's sole judgment, is so damaged as to make restoration impractical, or if the present owner breaches its agreement to convey marketable title, the sponsor, Brown & Williamson Tobacco Corporation, reserves the right to award in lieu of the improved island a sum equal to the price to be paid by the sponsor for the improved island, and the payment of said sum shall fully satisfy the sponsor's obligations to the winner. Except as provided in Rule #1, no cash or any other substitution for the prize is offered will be allowed. Prize is not transferable prior to award. Liability for taxes is the sole responsibility of the winner.

To enter, hand-print your name, address and zip code on the Official Entry Blank or on a 3" x 5" plain piece of paper and mail to: RICH LIGHTS "Win This Island" Sweepstakes, P.O. Box CC, Chicago, Illinois 60677. Each entry must include either a proof-of-purchase of a package of RICH LIGHTS cigarettes (one closure seal) or the words "RICH LIGHTS CIGARETTES" hand-printed on a separate 3" x 5" plain piece of paper. NO PURCHASE NECESSARY.

Enter as often as you like, but each entry must be mailed separately. Entries must be postmarked by July 15, [illegible] and received by July 31, [illegible]. No post cards, metered mail or mechanically reproduced entries accepted.

Winner will be determined by random drawing from among all complying entries received prior to deadline by H. Olsen & Co., an independent judging organization whose decision is final. The odds of winning will be determined by the total number of your entries and the total number of entries received.

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Sweepstakes is open only to residents of the U.S.A., its territories or possessions who are 21 years of age or older except employees of (a) Brown & Williamson Tobacco Corporation, its subsidiaries, affiliates or advertising/promotional agencies, or (b) H. Olsen & Co. Void wherever prohibited or restricted by law. All Federal, state and local laws and regulations apply. Proof of eligibility and age will be required. NO PURCHASE NECESSARY.

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FREE PACK

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Kings, 9 mg. "tar", 0.7 mg. nicotine; 100's, 10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report Jan. '80.

You and Your Money

What the current inflation rate is doing to the value of the dollar. Where to set up an IRA. Differences between bank credit and charge cards. And more. . .
By Sylvia Porter

The government seems pleased with its estimate that the inflation rate will rise at a slower rate in 1980 than in 1979, a forecast of an increase of just under 11 percent this year against more than 13 percent last. But that doesn't impress my husband or me much. What would an 11 percent annual rate of rise mean to our dollar's purchasing power over the next 10 years as against 13 percent?

If the inflation rate were to rise an annual 11 percent, the $1 that bought you 100¢ of goods and services in January, 1980, would buy you 35¢ of the same goods and services in January, 1990. At the 13 percent inflation rate in 1979, the $1 of January, 1980, would be down to 29.5¢ by January, 1990. Neither is tolerable. Both would virtually guarantee the destruction of the American economy as we know it today.

I'm just starting an Individual Retirement Account this spring and am having trouble deciding where I should set up my account. There are so many institutions competing for IRA accounts in my area that I'm confused. Don't they all pay just about the same returns on IRA funds?

All institutions do not pay the same returns—and the differences in the return your IRA earns may mount into eye-stopping percentages. Comparison-shop to find out what rates the more consumer-oriented, aggressive institutions are paying as against their stodgy competitors; whether the institution is actually paying the maximum permissable interest rates on your IRA; whether you prefer to establish your IRA with a savings institution, credit union, mutual fund, brokerage firm, insurance company or to invest in special U.S. Government retirement bonds. While most of us choose some type of financial institution, you may decide to handle your IRA in an entirely different way.

I need to have several small cysts removed from my arms, which my physician says necessitates minor, uncomplicated surgery. He recommends I have this done outside the hospital. Is that commonplace? Will I save money?

It is uncomplicated surgery and you easily can have the operation performed at an independent outpatient facility or any hospital which has an in-out surgical center. You'll save yourself 50 percent or more on your medical bill and great inconvenience as well. You're in and out in a matter of hours.

What are the differences between a bank credit card, such as Master Charge and Visa, and a travel and entertainment (charge) card, such as American Express, Diner's Club and Carte Blanche? Any rules on which are "best" for a $25,000-a-year family of three?

All of the cards allow you to buy goods and services without cash, using somebody else's money, without interest, for a time. Both types of cards can be used to guarantee hotel reservations, rent cars, order theater tickets and gain admittance to hospitals.

Bank Credit Cards: You usually get one free and, if you pay your bill on time each month, you have the benefit of a short, interest-free loan. If you have an unpaid balance, your interest charge on that balance will range between 12 to 18 percent per year. The bank cards are accepted in many more places than the travel and entertainment cards and for a broader variety of goods and services. And you can get a cash advance on a bank card ranging from $50 to $5,000 at any of the thousands of participating banks, depending on the credit ceiling assigned to your card. The interest charge for this service is usually 12 percent.

Charge Cards: You must pay annual membership fees from $20 to $35, and you are expected to pay what you owe on charges within 30 days. If you are habitually late, you risk losing your card—a financial discipline that can save you money. Charge cards are harder to get than bank credit cards and you must meet certain earnings-credit standards to get one. They are accepted at better department stores and retail establishments for high-ticket, luxury purposes. Every month you get carbon copies of all purchase receipts along with your monthly bill, valuable for expense account and tax records; you are entitled to more benefits including check-cashing privileges, traveler's checks, automatic travel insurance when you buy air, train, or cruise tickets, the like.

Which type of card is for you depends on the nature and size of purchases you usually make, how important complete records and special services are to you, whether you plan to pay-as-you-go with charge cards or buy-now, pay-later on credit.



Do all states impose taxes on gasoline? Do taxes vary enough to make comparison-shopping worthwhile?

As of 1979, all 50 states and the District of Columbia imposed and collected gasoline taxes, and the rates did vary enough to make a substantial difference in what you paid per gallon. For instance, as of summer, 1979, the gas tax per gallon ranged from 5¢ in Texas to 12¢ in the state of Washington. Variations *(continued)*

Illustration by ONI


ENJOLI
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You can bring home the bacon.
Fry it up in a pan.
And never let him forget he's a man!
The 8 hour perfume
for the 24 hour woman.
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That's the new me!





...the new me!



What's new? My hair!

I did it with Miss Clairol,® the natural-looking haircolor and natural is what I care about most! That's why I picked Miss Clairol. And am I glad I did!

Now my hair is my "best feature". Instead of looking dull and lifeless, the color is fresh and young, the gray completely covered. Who needs gray? It's so aging.

What's more, the Color-Hold conditioning that comes in every package makes my hair feel just as soft and natural as it looks! Now when I catch a glimpse of the new me in the mirror, I wonder why I waited so long.



Miss Clairol. This I do for me!

The natural-looking haircolor with Color-Hold® Conditioning Shampoo.

Sylvia Porter

continued

tween neighboring states were not so wide, but they did st. Again to illustrate: the gas tax in the District of Columbia s 10¢; in neighboring Virginia and Maryland it was 9¢.

husband and I own our own small business. We would like hire our 13-year-old son to work for us this summer and to him the minimum wage. Are we allowed?

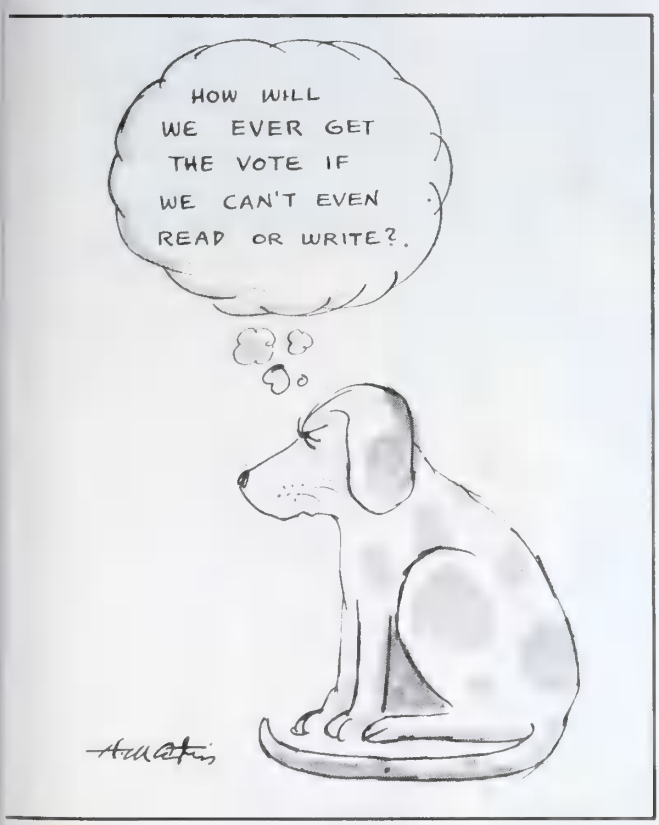
. Although the Federal law sets the minimum age for non-azardous factory work at 16, there is no minimum age restric-n if you own the business and you're hiring your own child. owever, no under-18-year-old is permitted to perform any rk that can be considered hazardous (operating a motor nicle or other types of machinery, working in a boiler room engine room, lifting equipment in a service station, washing ndows outside, etc.). Basically, your son can do clerical work, l, pack customer's purchases, make deliveries, run errands, rk merchandise prices, wash cars (only by hand), etc.

With the possible exception of Federal Social Security with-lding, you are not mandated to withhold Federal income es from your son's pay if he states on a Form W-4E that (a) had no income liability for 1979, and (b) he expects to incur tax liability for 1980.

u've mentioned that the earnings "gap" between men and omen has not narrowed in recent years. Can you prove it?

e most recent data on earnings (for 1977) show that among l-time workers employed throughout the year, women rned 59¢ for every $1 of earnings for men, a much wider gap an in 1955, when women earned about 64¢ for every $1 of rnings for men. My source is the Women's Bureau of the S. Department of Labor.

Among the reasons: the concentration of women in low-ying traditional jobs and the large number of new, women orkers who enter at or near beginners pay level; the dif-rences in the occupations and industries in which women and en are employed; the amount of work experience. I am not entioning wage discrimination (although it is a key force), ecause I cannot give you precise figures to "prove it." **End**



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SHELLEY WINTERS TELLS ALL ABOUT SINATRA, BRANDO, MONROE, GABLE, FLYNN...

Shelley Winters, in a new gossipy book, goes back to the days when she was the blond dazzler of Hollywood–and tells deliciously of how a little Brooklyn girl met, charmed and loved the biggest names of the time.

The nationwide search for a girl to play Scarlett O'Hara in the film, *Gone With the Wind*, had begun. I was Shirley Schrift from Brooklyn, I was 14 years old, with no acting experience whatsoever, but it didn't take long to find out where David Selznick, George Cukor and MGM's talent scout, Bill Grady, were interviewing hopeful Scarletts. I got myself done up in my sister Blanche's shoes and a huge straw hat of my mother's with real pink flowers picked from the empty lot across the street pinned under it; I was a regular southern belle. I wobbled into the building, found the office and in my best Southern Brooklynese announced to the secretary, "Ah'm heah to play Scarlett O'Hara."

There were at least 20 actresses waiting in the office (the part eventually went to Vivien Leigh), but the secretary sent me right in; she must have figured her bosses would enjoy a good laugh. With complete self-confidence I slithered in to see them. *(continued)*



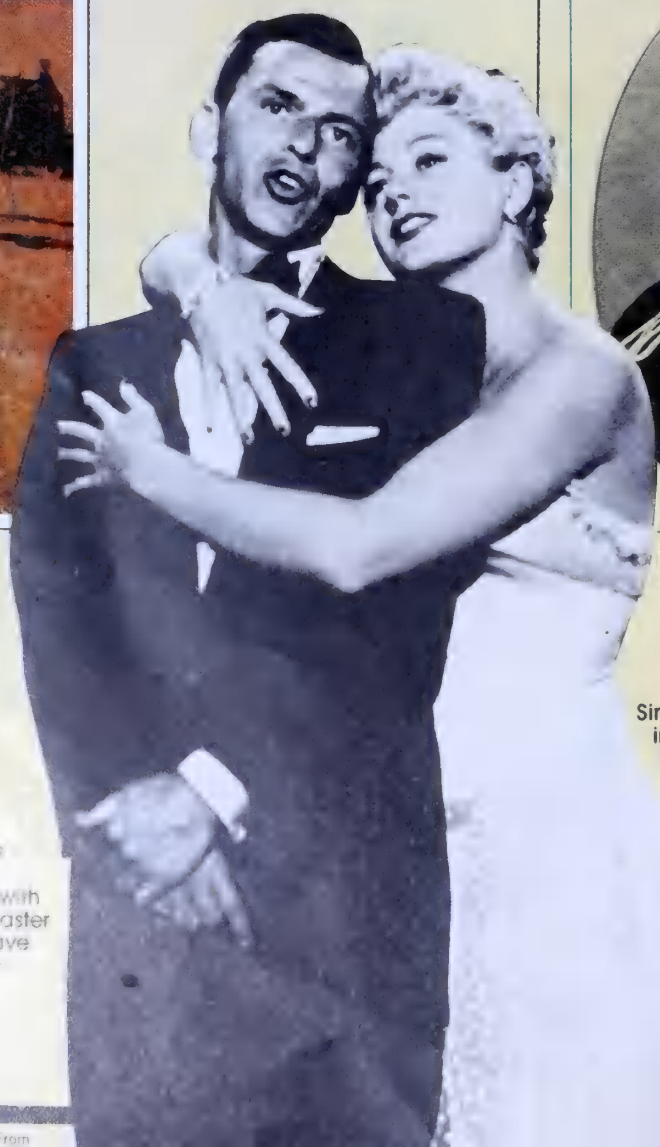
Even at age eight, Shelley Winters had dreams of Hollywood and stardom.



A new face in Hollywood–but Shelley didn't remain one for long.



Left, Shelley's fairy-tale romance with Burt Lancaster didn't have a happy ending.



Sinatra and Shelley in love? Only when the cameras rolled; offscreen, they fought bitterly.

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Menthol
20 Low Tar Cigarettes
FILTER: 9 mg. "tar", 0.8 mg. nicotine
av. per cigarette by FTC method.
MENTHOL: 11 mg. "tar", 0.8 mg. nicotine
FILTER 100's: 12 mg. "tar", 0.9 mg. nicotine
av. per cigarette, FTC Report DEC. '79.



SHELLEY WINTERS

They stared at the sight before them—this skinny teen-ager in an off-the-shoulder, bargain basement, violet dress with a black ribbon tied around her neck and three powder puffs in each bra cup—and I managed to croak, "Lawdy, folks, I'm the only goil to play Scarlett."

David Selznick and Bill Grady began to laugh hysterically, but Mr. Cukor shut them up. He invited me to sit down, ordered me a soda and interviewed me about my aspirations. After a few minutes, he told me that I should study acting and try to become known on the New York stage.

I walked out of that office on air. True, I didn't get the part, but Mr. Cukor made me feel as though I had—he was the first person to treat me as if I really were an actress.

Who is Shirley Schrift? What happened to her and what metamorphosis took place to change her into Shelley Winters, movie star? My life, perhaps like everyone else's, has been a long road with many forks, and depending on my personal needs at any given moment and my feelings of responsibility to my fellow man, I've often wanted to retreat to the fork and take the other road. Sometimes, I've even tried to do it, and it's caused me a lot of grief. Well . . . the road I chose took me out of the Brooklyn ghetto, and while it may have been rocky, it did lead to one New York apartment, three California houses, five Impressionist paintings, six mink coats, four hit plays, 99 films and two Oscars.

My childhood is a blur of memories: Money was so scarce in my family that at the age of nine, I was selling magazine subscriptions door-to-door.

It was during this stage in my life that I developed a whole fantasy world; reality was too unbearable. Every chance I got, I was at the movies; I adored them. I would sneak in, *(continued)*



Known for her wit, Shelley was a natural in comic roles—Jimmy Durante was a kindred spirit.



Shelley with her second husband, actor Vittorio Gassman and his co-star, Elizabeth Taylor.



Shelley's serious side: discussing politics with Eleanor Roosevelt.

Shelley and JFK: at a White House ball.





Rock Hudson shares a studio breakfast with Shelley and her daughter, Victoria.

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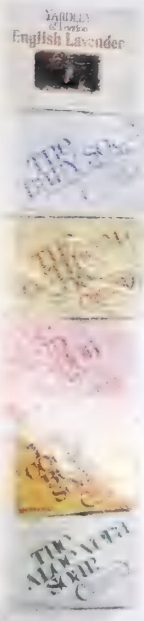
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IELLEY WINTERS

continued

up the fire escapes, even pay in a
I followed Mae West, Clark Gable
an Arthur all over Brooklyn, seeing
picture at least twice. But I didn't
live in a fantasy world. There was
y when I took a long, hard look at
in the mirror. I saw a mole on the
of my nose and warts on the back
neck; thick eyebrows, kinky blond
nd a pair of overlapping eyeteeth.
ved a few dollars from my Saturday
on job. For two dollars a doctor
ed the warts and the mole. I asked
ist to take out my right eyetooth.
hen he declined (he thought I
d an orthodontist), I threatened to
tring to a doorknob and yank it out
. Finally I had my eyebrows
d—an operation that hurt so much
o be given a shot of gin. But it was
it; the butterfly had to come out of
coon.

r my precocious *Gone With the*
tryout, I took George Cukor's ad-
spent the next few years crashing
adway shows, working as a model
garment district, attending the
Theater School for professional
g and, finally, getting myself ac-
into the actors' union.

weeks into the Detroit run of a
ng revue just before the U.S. en-
World War II, Shelley met a young
ssman named Paul "Mack" Mayer.
were married on the first day of
y, 1942—Shelley was then 18—and
the honeymoon, Mack, who had
the Army Air Corps, was ordered
ort for basic training. His bride
ed to New York alone.

idn't take long before I landed a
Rosalinda, a Broadway hit that
sponsible for boosting my career.
ight, after the performance, as I
king off my makeup, Harry Cohn,
f Columbia Pictures and creator of
ood "sex goddesses," burst into
ssing room. "Listen, kid," he said,
were terrific out there. You think
uld do the same thing in front of a
? How would you like to make a
me?"

s stunned. "How long will it take?"
d. "I have to be back home in
yn in time for dinner."

hrough the test a strange-looking
r, which terrified me, was follow-
around, and I kept ducking. It
ave looked as if I were curtsying,
as too shy to ask them what it was.
learned it was a sound boom—the
le microphone.

ut four weeks passed and I almost
about the test, but then two
occurred simultaneously. Mack
to tell me that he would begin
training in Shreveport, Louisiana,
and that we could live together off the base. Columbia Pictures called to offer me a seven-year contract. Here was one of life's forks in the road and, as usual, I tried to take both routes. I signed with Columbia and was told to report to Hollywood to begin filming *Cover Girl*. At the same time I told Mack I would join him in Shreveport. I figured that when I reached Mack's base, I'd call Cohn at the studio and explain that I couldn't be in *Cover Girl* but that I would go to Hollywood later.

I lived happily with Mack on the base—until he learned that I was supposed to be in California. We had a knock-down, drag-out fight. He ordered me to go to Hollywood immediately, but I insisted on staying with him until he was shipped overseas. The fight finally ended with Mack moving back on the base. "Now you'll have to behave like an adult and fulfill the contract you signed," he told me.

After drying my tears, I placed a call to Cohn. "Hello, Harry," I said brightly. "Remember me? Shelley Winters?"

"Yeah," he growled. "But I'm beginning to forget you. Where are you?"

I explained my situation to him quickly and asked him to call Mack and tell him that I wouldn't be needed at the studio until he went overseas. There was a stunned silence. "Listen, Harry, so I won't be in *Cover Girl*. But I'll be in a lot of other pictures for you, and I'll behave like a doll. And you won't have to pay me until I get there."

Cohn finally found his voice. "Well, I guess there are a lot of ways of fighting a war, and this is as good a way as any."

For Shelley Winters, the next few years were an education. One of the first lessons she learned was that marriage and a career can sometimes conflict. Shelley and Mack separated shortly after he asked her to move from Hollywood and settle with him in Chicago; they subsequently divorced. Shelley also learned what life for a young film starlet-to-be was all about—the years of living on a small retainer, waiting for the big break. Typically, Shelley dealt with these realities with that special Brooklyn combination of tenaciousness and naiveté. Perhaps it was this quality that endeared her to Harry Cohn, an autocratic film mogul to whom few people ever got close.

After landing a decent part in a Metro-Goldwyn-Mayer musical (Harry Cohn agreed to loan me to the different studio), things were slow. I had returned to Columbia but directors weren't beating at Cohn's door to get me in their pictures. The roles I could have played were given to Jean Arthur, and no matter how they tried, the studios couldn't fit me into their "sex goddess" mold; I always came out funny.

The holidays were approaching and, at

(continued on page 156)

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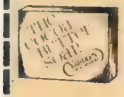
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WWF Women in the Work Force

Getting Ahead!

What You Must Give—What You Get Back

What women need to know about the promise and problems of the world of work. Here, a sampling of expert advice from a major conference co-sponsored by the Journal and AT&T. By Kathleen Fury



Only a decade ago, a woman knew what direction her life would take: Her place was at home, with her family. Unless she was adventurous, unmarried, childless or needy, she didn't step outside that familiar territory to earn money. All that has changed: In what has been called the single most dramatic trend in the twentieth century, women have joined the work force. Forty-two million of us—more than half of all American women—now have jobs outside the home, and by 1990 there will be over ten million additional.

Women's lives are changing—there's no doubt about it. And this transformation is raising many questions about money, family life, success and, of course, equality that, as yet, have not been answered. What will business do to ensure our future progress? What can *we* do for ourselves, and for others? What are your chances of getting a job that pays a fair and equitable wage? Will there be any help for those of us who, as parents, must cope with the conflicting demands of family and career?

In an attempt to answer these questions, a historic conference on Women in the Work Force was held last January, bringing together over 200 experts, the majority of them women, each a success in her field. The meeting was sponsored by *Ladies' Home Journal* and The American Telephone & Telegraph Company—the world's largest private corporation, and one of those charged with discriminatory practices in the 1970s. This alliance, said *Journal* editor Lenore Hershey, signals an awareness that "business and industry are closing the cultural lag that usually exists between rapid social change and long-established attitudes and practices."

The conference began on a note of hope—hope that working women and those who employ them can build a relationship based on mutual respect and commitment to equal opportunity. Charles L. Brown, chairman of AT&T, talked about how this giant corporation was able to face the pressures *(continued*

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Getting Ahead!

continued

brought about by the changing status of women. "The seventies took us by surprise," he said. "We entered the decade secure in the belief that our record was outstanding. By the standards of the times, we were leaders, not followers. We were genuinely taken aback when EEOC charged the Bell System with discriminatory practices." (Early in 1973, AT&T entered into a consent decree with the Equal Employment Opportunities Commission, which called for a comprehensive program aimed at accelerating the movement of women and minorities into better jobs, and which was terminated in January 1979.)

"We had our consciousness raised during the last decade," Brown continued. "We have come to agree that feminism and humanism are one and the same, and that only by ensuring that women are treated as equals in the workplace, the community and the home, can we be assured that ours is a fully civilized society. We are determined that the 1980s will not take us by surprise."

Women are in the labor force to stay, said keynote speaker Dr. Eli Ginzberg, chairman of the National Commission for Employment Policy. The trend toward fewer children will continue, he believes, and so women will want to seek a role in the workplace. He added that with the divorce rate so high—statistics tell us that two out of every five new marriages will break up—and alimony so hard to get, "women have little option but to be concerned with work."

The movement for equality in the workplace, Ginzberg emphasized, is vital: "If you increase options for one-half of personkind, one will inevitably help to improve the world. I have come to believe that one of the simplest and best criteria for judging a society is how it treats its women."

Just how well *is* American society treating its women? How far have we come, how far have we still to go, and what can be done to solve the problems we face in the labor force? Those questions, and the thousands of others they raise, were what the conference was all about. And during those two days of nonstop discussion, certain themes emerged that have profound significance for our entire society in the next decade and beyond. The Equal Rights Amendment, of course, came up often—would it be ratified by the time of the next conference on women's affairs? But at this conference, other questions took precedence.

Who will care for the children?

By 1990, it is predicted, more preschoolers than ever will have working mothers—an increase of 63 percent over current figures. This is bound to put a great deal of stress on parents and children, yet we have virtually no national policy to help families cope with it.

In this urgent matter of child care, are other industrialized countries doing any better? Indeed they are, said Sheila B. Kamerman, associate professor of social policy and social planning at Columbia University and author of the forthcoming book *Parenting in an Unresponsive Society*. Almost every European nation has public programs for children aged three to five, and increasingly for two year olds as well. In 65 countries, parents receive a family benefit—a supplement to their earnings. This is a special boon to low-income families and single parents.

The contrast is equally striking when it comes to maternity benefits. A European woman usually gets at least three months' paid leave from work; she also gets her old job back when she returns. In Sweden—which is the leader in this field—either parent may take nine months off, with pay, after a child is born, and mother or father can work part-time until the child is eight years old. Here in the United States, however, over half our working women get no maternity benefits at all. And even when leaves of absence are granted, they average only six weeks. American mothers who work must fend for themselves, juggling the demands of job and family. One conference attendee called it "a national disgrace."

Children a treasure

A number of European systems were studied first-hand by Addie L. Wyatt, international vice president of the United Food and Commercial Workers. During a visit to Sweden, she recalled, one child-care expert told her, "We have so few children that each child is a treasure." That comment struck home. "I asked myself," Wyatt said, "though we have so many children, isn't each one a treasure to us? Don't we as a society love our children and our families enough to come to grips with the enormous need for child care?" She cited her own experience, years ago, of raising seven children (two of her own, plus five brothers and sisters) while coping with the need to make money outside the home: "Even though I could share my problems with a wonderful husband, it was difficult. And everywhere I go today, I find that mothers still face the same crisis."

If the problem has been neglected, there must be a reason, and many were suggested: Women are still ambivalent about needing and wanting to work. We doubt that any institution can offer high-quality child care. We are naturally resistant to any new idea that has no national tradition behind it. And we have not figured out how to pay for child care.

This last rationale angers Wyatt and others. "When we talk about what our children need," she said, "we ask how much money it will cost. We don't ask the same question when talking about putting people on their feet on the moon that we ask when talking about putting families on their feet on earth. But I think it costs more *not* to provide good child care. Our children are our future, and our future will be what we invest in it."

Conference participants were not all convinced that day-care centers are the best investment. Some offered examples of centers that never got off the ground—parents refused to bring their children there. Others objected to the idea of locating day-care centers in a parent's office or factory. It makes family life too work-centered, they said.

Everybody agreed, however, that this is not—and should no longer be regarded as—a "women's issue." When child care is neglected, it affects not only mothers and fathers but society as a whole. Yet caring for children is still considered a low-status occupation, unworthy of a decent wage. This, as several people pointed out, is a dangerous assumption, making it all too easy to use child care as a "dumping ground" for those who seem otherwise unemployable—senior citizens, for example.

Perhaps when we "get our act together on child care," as one conference member put it, we will be creative enough to devise truly new and workable options for parents. Many alternatives to day-care centers were proposed, among them:

- Vouchers for child care, paid for as health insurance is, to be used however a parent wishes.
- Social Security benefits for a parent who stays home to care for a child.
- A certain amount of paid time off for working parents, to be used for child-related needs.
- Tax breaks for working parents.
- A "homemaker's credit" for women who choose to stay home and raise children; that way, as with the tradition of "veterans' preference," they won't be penalized for taking time off from work.

Although the subject of child care was discussed by many thoughtful, well-informed people at the conference, they did not reach a consensus on the question, "Who will care for the children?" That may be because the issue itself took our society by surprise: Women moved into the labor force rather quickly, and many of us still find it hard to believe that the "Dick and Jane" family—with a father working outside and a mother staying home with the children—has become statistically rare in the United States.

Yet that family, even as it disappears, remains a deeply rooted part of our national mythology, and we may not want to acknowledge the reality that has replaced it. For the reality is that mothers of young children, in record numbers, are finding it necessary to work outside the home. They need help, but very few are getting it. And they are never going to get it unless those most *(continued)*

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Getting Ahead!

continued

profoundly affected—the working parents themselves—raise their voices in concern.

We've come a long way, but are we equal?

Although the conference celebrated the gains made by women workers, it also delivered the sobering message that we are not yet equal—far from it. There is still a gap in the kinds of jobs available to women and men: Occupational segregation has kept many of us in the traditional, low-paying fields. Of the 420 occupations described in the Census Bureau's *Dictionary of Occupational Titles*, women are still concentrated in only 20. Two decades ago, 52 percent of all working women held clerical, sales, waitressing and hairdressing jobs; the 1978 figure was 47 percent—not much of a change. As for the earnings gap between the sexes, it has actually widened over the last 25 years: In 1955, women earned 64 cents for every dollar earned by men; today, the average is only 55 cents. Joan Goodin, executive director of the National Commission on Working Women, put it succinctly: "Never have so many women been paid so little to do so much."

What strategies will be used to attack the problem of inequality? One is a continued effort to break down the job barriers—welcoming women into nontraditional, higher-paid "craft" areas, for example, while hiring men in categories that were once predominantly female. Another approach is also gaining momentum: Re-evaluate those "female" jobs and see if they warrant higher pay scales. This strategy, known as "equal pay for jobs of comparable worth," is bound to be a major issue in the 80s. It impressed the conference. "I will shout it from the street corners," one woman said. "Jobs have been evaluated and wages set according to who does them. And if you wear a skirt, they're evaluated lower."

Dr. Ginzberg agreed, but he predicted that job reclassification will be a tough proposition. Eventually, he believes, the issue may reach the Supreme Court. If so, we can expect a great debate—and great resistance, too, because of the potential cost to employers.

Will things be better for our daughters?

The future, most agreed, will be different only if we make it so, through continued, unabated pressure for change. But younger women, as one conference participant put it, think "the women's movement has happened; everything's taken care of." When they break into a formerly all-male field, they say, "I did it on my own." Too often, they don't realize how much hard work went into getting the opportunities that exist today, and how much more there is to be done.

Equally disturbing were the observations of Princeton sociologist Suzanne Keller: "In teaching young people, I have found that while the young men talk a very liberated line, when it comes to behavior they are not willing to do things differently. Young women are starry-eyed; they think they will have it all. But their male peers say things like, 'Of course women should get an education and go as far as they can, but they must stay home with young children.'"

Although more girls are beginning to enroll in nontraditional fields of study—science, math, technology—they are still by no means adequately represented. In 1974, for example, only about three percent of all chemical engineering degrees were awarded to women; by 1979, their share was approaching 17 percent. The significance of these figures became clear when John N. Macomber, president of Celanese Corporation, was asked, "When might a woman hold a job like yours?" He answered, "Not for a long time, not in an industry like ours, which depends upon technically trained people. Without basic training in the sciences, it's very unlikely women are going to get into top positions in technological industries for another twenty years."

There has been a lot of publicity about programs designed to alleviate women's "math anxiety." Yet the fears persist, according to Jill Claster, dean of undergraduate arts and sciences at New York University: "There are certain careers that young women feel are still closed to them—particularly the emerging industry of computer sciences. Many young women gifted enough to consider careers in science are still terrified about doing so." Claster called on industry to join with government in promoting support groups and career counseling for young women. Ideally, everyone agreed, we should begin even earlier, during childhood, educating girls about the part work will play in their lives.

Is there room at the top?

George L. Ball, president of E.F. Hutton, seemed to sound a warning to ambitious women when he said, "Quite frankly, I don't think you can be a balanced individual and get to the very top in business. It's more than a question of juggling family and career. If you're going to be at the top of a corporation, you are by definition an eccentric, and you'll have to put in seventy- to eighty-hour weeks."

His remarks drew headlines ("Women Hear That Success Is Costly"), but it must be remembered that while there are indeed men and women willing to sacrifice personal lives for careers, not all find it necessary to do so. Many successful male executives manage to make time for their families, hobbies and civic concerns. Furthermore, there is notable new interest among young *men* in striking a happy balance between home and career. If a corporation wants to transfer the sometimes they refuse to go—if it me uprooting their families.

A woman who is now in her 30s or has seen a revolutionary change in wha considered "appropriate" behavior females—a turn of 180 degrees fr "women should stay at home and ra children" to "women should run world." No wonder many women feel a bivalent and confused: Raised to th one thing, they are suddenly exhorted think the opposite. It's not always easy a woman to see herself in this new ligh to think about getting to the top, experience the unpopularity that co with being boss, to wonder what happen to her marriage if she earns m than her husband or is offered a transf

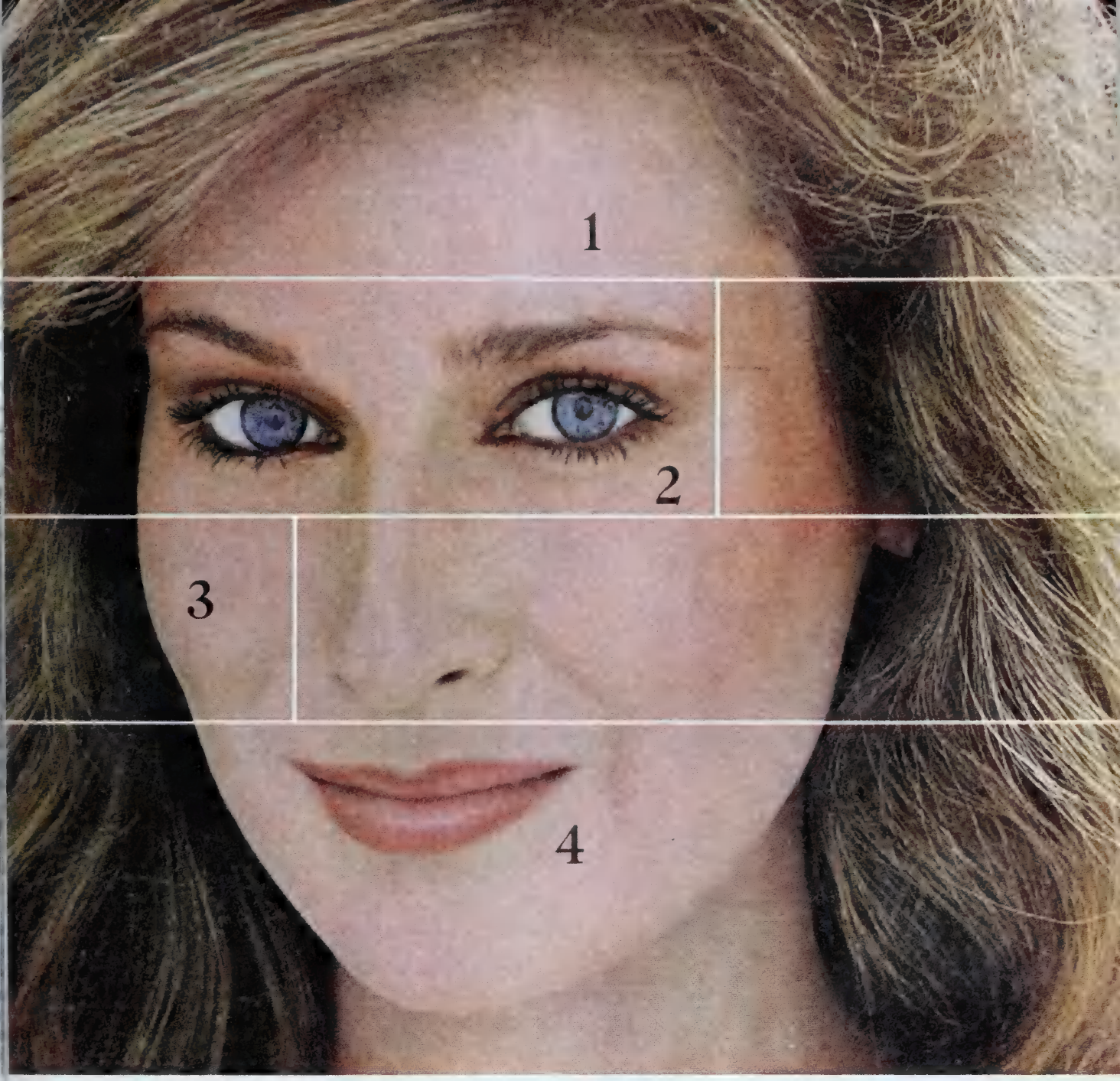
But many women are trying—w courage and determination, if not mu in the way of role models—to get ahe Not all women want to get to the top course; neither do all men. "We sho redefine what work is," said Marjo Wyatt Moore, assistant director women's affairs for the National Urb League. "Is it just to make money don't want a job like that, and I'm c tainly not going to push my children i jobs like that. Work is about fulfillmen

There are others, however, who t their fulfillment *does* lie in getting those high-paying jobs at the top of ladder, who want the opportunity to ex cise real decision-making power. Some them will learn to negotiate the delic day-by-day politics of corporations run men, others will get knocked down in struggle, and some, disliking the ch lenge, will choose to give up the fight

Yet it is important for every woman t some of us do succeed. Said Florence Skelly, executive vice president of research firm Yankelovich, Skelly White, "There is no quicker way to sure that women in general move ah than to have women already at the to How are we doing? According to statis her firm has compiled, over the past years, there has been a 70 percent crease in the ranks of woman manage as opposed to a 17 percent incre among men in similar jobs. But the ures behind the percentages are not encouraging: Two million women h jobs that could be described as "m agerial" ("Mind you, that could m managing the mail room"), while t times as many men (ten million) are classified.

Just how rosy *is* the future for wom who want to get ahead?

There was heated debate over t question. But few disagreed with R Gilbert Shaeffer, senior research associ at The Conference Board, when she p dicted, "It is going to be a long ti before we get anywhere near proportio representation of women at upper-mid or top management levels (continu



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Getting Ahead

continued

partly because there isn't as much over up there, and partly because it a long time to learn all there is to about a particular field or company move up." She advised anybody lo for real representation to think in t of two more decades, not one. Jam Olson, vice chairman of AT&T, was s what more optimistic. "It's not goi come overnight," he said. "But if we it total effort and work at the basi reasonable time the numbers will care of themselves."

Many at the conference believed women are still being held back b attitudes of men in positions of p These traditionalists, in the words o participant, will "have to be dra kicking and screaming into the tw first century." But others took pai congratulate individual men for coo ting with women's ambitions. One pany chief was especially adept at m women up the ladder; his method, n tedly, was to tell supervisors: "I hav assigned a capable, skillful woman to I want her to succeed. If she do you're the one in trouble, not she." Florence Skelly cited a study of panies with good records of prom women that showed that a common was an active, unyielding commit from the top.

Helping themselves

But there was also considerable about the ways women can help t selves. Everybody agreed that "net ing"—joining forces with other wom help solve the inevitable problem countered en route to the top—can a big difference. According to S "Research data has shown a profou crease in the extent to which w want to work for other women, su other women, and simply establish nections with other women at work.

Achieving that sense of sisterhoo a major accomplishment, but we more than each other. As one parti said, "In the past, we had nothin the mechanism of government pre and enforcement. Now it's time to alliances with business and gover so that together we can solve the lems women face." The conferenc just such an alliance, a recognitio we are all in this together.

Carla Hills, former Secretary of ing and Urban Development, sum up: "There's no question that coll tion will serve our purpose bet today's climate, than confrontation gains we're achieving, and the gai want to achieve, are not for women Because in the 1980s, this nation s cannot afford to waste half of our g natural resource."

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Boxes shown smaller than actual size. Clockwise, from far left: "Austrian Gold," Rosa Mundi, "Austrian Copper," Rose d'Amour, "Empress Josephine," Multiflora Carnea.

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Precious Moments "Why I Love You, Mom"

Our mothers have made us laugh, made us cry. They've touched our lives deeply and helped us become the women we are today. Here, for Mother's Day, seven famous daughters remember their mothers with love.

ROSALYNN CARTER

My mother has been an inspiration to me all my life. She has an inner strength that comes from deep faith.

One of my earliest memories of her is in our kitchen during winter. I used to sit in the window, near the stove, to get warm—so close to the stove, I remember the heat burned my knees. But I would watch her and wait for my father to come in, kiss my mother, pick her up and swing her around and around the room.

We had close times together and it seems I remember my mother always helping me. I used to lie down over an old chair and hang my head over a basin on the floor while she washed my hair. Then, I would sit still while she tied a big bow in it.

I had the prettiest clothes in town because mother made them herself. My favorite dress was one she appliquéd with little tulips. When I outgrew it, I gave it to Jimmy's sister, Ruth, who was my best friend. Mother was even working on a dress (she was sticking pins into the hem) when I told her I was going to marry Jimmy!

My mother's life has held sadness, too. I recall so well my feeling of helplessness when I overheard her crying in her room after the death of my father—and later, of my grandmother. But mother quietly assumed the responsibility and the burden of raising four small children alone.

More recently, my mother wept again. She had to retire from her post office job a few years ago because of age. And she wept, almost for a week, because she said she felt so unexpectedly useless . . . so old.

Then, she picked herself up and went to Florida to campaign for Jimmy. She gave little speeches even though, at the time, she had never spoken "publicly" to anyone before but her Missionary Circle.

Mother has never been harsh. She is always warm and supportive. I hope I have instilled her courage, her faith and her gentlenesss in my daughter, Amy.

SUSAN RICHARDSON, star of TV's "Eight Is Enough":

When I was growing up we were so poor that we lived in a trailer. I never had a birthday party

(continued)



These best friend, mother and daughter duos are clockwise, top left: Loni Anderson and mother Maxine; Nancy Sinatra Sr., and daughter Nancy; and Allie Smith with daughter, Rosalynn Carter.



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your life that counts." She never spoke with bitterness abou the other kids or their parents although she must have bee outraged by the way they had hurt me. She spoke wit understanding, not hate, and I drew strength from her.

It was the start of my mother imbuing me with a sense values that is with me to this very day.

NANCY SINATRA LAMBERT

My mother is like a balance wheel. She's surrounded by peopl always zooming up and dropping back down in moods, bu she's consistent. She's always been there, for all of us.

When I was 19, I remember going to my mother and saying "I have something to tell you."

Before I could add a word more, she said, "I know. You' pregnant." And I started to cry.

In those days, you didn't sleep with anyone before marriag and you never ever had an abortion. They were still illegal. Bu I needed an abortion. I explained my reasons and my mothe understood. She wasn't happy about it. But she was suppo tive. And she never once made me feel guilty. Neither did m father. They simply didn't want me hurt.

My mother was with me when I went for the abortion. W had to go to an eye-doctor; he was the only physician wh would do it. And it was my mother who cared for me during a that next week while I was in bed.

When I married and had my two babies, mother was suppo tive and loving. I can still see her cuddling her granddaughte as we drove home from the hospital.

When my brother was kidnapped, mother was a source strength. During those endless days of waiting, she was ver quiet. It aged her, I think. But never once did she admit m brother might not come home at all. She was always there– steady and calm.

But finally, when my brother did come home and the kidnap pers were caught, my mother—who doesn't really drink

"Why I Love You, Mom"

continued

because we couldn't afford it. But oh, how I wanted one. For my eighth birthday, my mother somehow scraped the money together to give me a party like the other kids, even managing to bring home, for the first time, a store-bought cake.

The day of my party I was so excited I could hardly breathe. My mother had worked hard to make our cramped, dark little trailer look pretty. There were favors and paper hats, all of which she'd bought at heaven knows what sacrifice.

I didn't start to worry until it was way past the time for the party to start. Only one little guest had arrived. The crisp organdy dress my mother had made for me was getting limp as I tugged at it nervously. I ran out, peering down the road. I raced from one trailer to another, asking, "Please, did you see any children come by asking for me?"

We finally sat down to the party, my lone little guest, my two sisters and I.

Mother bravely led us in the Happy Birthday song, even though she knew my heart was breaking.

Why hadn't the other kids come? Back at school it was the first thing I asked. "Oh," replied one little classmate, with others chiming in, "we're not allowed to go to a trailer park. That's where all the trashy people live."

My cheeks were burning when I got home and I threw myself into my mother's arms sobbing. "What's wrong with us?" I asked.

Holding me close, my mother let me cry, then she sat down and spoke. "Susan, some of the 'trashiest' people come from some of the richest homes and some of the finest people come from poor homes. It's not where you live but how you live

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worried about the hours I kept, going to work at dawn. Now, she breathes a sigh of relief each time I return from an overseas interview—not because I've accomplished a great interview, but because I've arrived home safely.

If my mother never worried about when I would get married, she still worries that I work too hard or don't get to bed early enough.

But that works both ways. Today, I'm my mother's protector. I worry about her and care about her with deep intensity.

SISSY SPACEK

I'd always adored my brother, Robby. He was handsome and star of the track team in our high school in Quitman, Texas. We were both in high school when my mother told me Robby had leukemia. She laid it on the line. It was going to be a long, hard battle, she said, and we had to stick together. She wanted me and my older brother, Ed, who lived away from home at college, to lead as normal a life as we could, yet she wanted us to know everything that was going on.

In spite of the horrible thing that was happening to my family, my mother kept my life stable. She insisted that I keep up with the activities in school. When I was invited to the spring prom I felt guilty. Should I go, with Robby in pain and dying? Yes, said my mother, and in the midst of everything, she took me to Houston to buy me a dress.

Robby had been dead only a short while when I graduated from high school. I'd always planned to go to New York after graduation to study acting. I can't go now, I thought. Robby's gone, Ed is away at college and mother will want me to be at home with her.

How could I leave her now? I knew that when there is a death of a child in a family, the remaining child at home is all the more precious.

My mother could have said, "Stay by my side. I lost one child and I don't want to lose sight of another." But *(continued)*

l—celebrated by downing an entire bottle of champagne. Mother is not some sweet, chubby, gray-haired little Italian dy slaving over a hot stove. So many people have that idea of r. And they're all wrong. She's beautiful, sophisticated and lnerable all at once. I've been lucky; she's a wonderful other.

ARBARA WALTERS

y mother gave me and my sister continuity. She was always ere when we came home. Always up in the morning to make reakfast, never away when we were sick. That's important hen you come, as I do, from a show business family. My ther was often away. We moved with him. I constantly was anging schools. So we might have been insecure except that y mother gave mother-love in the most total sense.

Maybe, because I had an older brother who died when he as three, and because my sister was a sickly baby, my mother as always fiercely protective.

When I was a little girl, I had my appendix out. I had to stay the hospital alone. Parents weren't allowed to visit then. ate one night, though, a figure came to my bed and moved e doll I was clutching close to my face. I kept my eyes ueezed shut, pretending to be asleep.

Now, I wish I'd opened my eyes. It was my mother. She had ken two trolley cars—an hour-long trip—just to be with me. e begged the nurses to let her see how I was doing, "just for minute."

Funny, so much has been written in recent years about others and daughters. But either there's gut feeling, a skin- ose emotional bond from earliest years or . . . nothing. If the ond isn't there, mother and daughter can develop an intellec- al friendship—when the daughter matures. But that in- nctive gut love, once there, survives contemporary prob- ms, changing standards, anything.

Mother still worries about me. When I was on *Today* she

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"Why I Love You, Mom"

continued

she'd always known of my dream to pursue a stage career. "You're going to New York, Sissy," she told me one morning. "Life is meant to be lived."

She let me go. That was the greatest thing she did for me. She let me go even though she was still grieving over Robby and would miss me terribly. She wanted me to go out into the world and have a chance at a full, meaningful life.

My mother not only showed me how to accept death. She showed me how to accept life.

LONI ANDERSON

My mother had such high hopes for me. But when I was 18 and in college I had to tell her that I had married a man I hardly knew, that I was leaving him—and that I was pregnant.

Being pregnant 15 years ago without a husband around and without a dime could have ruined my life. But my mother didn't let that happen. I must have given her great pain, but she never showed it. She made my pregnancy a happy time even though there was no expectant father by my side. She took me shopping, to lunch at nice restaurants and to the movies. She made sure I had a social life.

After my baby girl, Deidra, was born I became very ill. I was too weak to take care of my baby. Every night, for mor my mother got up to give my baby bottle, change her diapers and burp cuddle her.

When I was well, she encouraged to go back to college. Later, by tinuing to care for my child, she gave the freedom to work in stage plays tour in them when I had to.

When Deidra was nine years old, life began to come together. I marri wonderful man, moved to California became a successful actress. My mo has never said, "Look what I've don you." Instead, once she saw I was or own, she felt free to get back to her life. She moved to Arizona and has come a real estate agent there.

She helped me through a long, r period—and then let me be.

MARIAN ANDERSON

On many occasions I've heard other ple say: "I have the most wond mother in the world." Well, that's h feel about mine.

She was a beautiful, unassuming son; a soft person that others would advantage of sometimes. Her voice never raised in anger.

When my father died, it was sugge that she put her three children home. But she sought to keep us gether. We were a warm, loving fami four.

One of the proudest days in my came when I was 18 and could tell h give up her job . . . Many times, w I came home from high school, I w go by the department store in P delphia where she worked. I'd see digging away, cleaning, doing thing help us that other people might not accepted; things she was not cut ou do. [Marian's mother had been a tea before moving to Philadelphia, where was unable to find a similar position.] was astounded when I told her she c stay home. She was ill at the time but had never complained.

Mother was a most wonderful soul. never asked for anything—a coat, a h bag. But for whatever her children her, she was very grateful—not that needed to be.

She always encouraged me. She d know a lot about singing but she al stood behind me—even when c members of the family thought I sh have found a more stable job.

And then on January 7, 1955, I m my Metropolitan Opera House debu New York City [the first black to join company in its then 71-year-old histo It makes me happy that my mother l to see the three of us realize some of ambitions—and make the sacrifices made seem worthwhile.

Now, I feel, if I could be just half person my mother was, I would greatly rewarded.—By Kathy La and Helen Weller



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Cheryl is still a Charlie's Angel. But everything else in her life seems to have changed. Her marriage is over. Her religious faith has deepened. And she has immersed herself in the fight against child abuse. A surprising view by Phyllis Battelle



CHERYL LADD
A NEW LOOK, A NEW CAUSE

Her earliest memory is of hiding under her parents' bed watching the feet of a baby-sitter who was frantically searching for her.

It was not a game. Nor was the sitter a menacing figure.

"I think I was just lonely for my parents," Cheryl Ladd of TV's *Charlie's Angels* says tentatively. "I distinctly see myself, barely big enough to walk, snuggling up to my father's guitar—not wanting to leave it until he came home. My father was out of town, working on the railroad. My mother worked as a waitress. I really missed my folks."

The memory is not painful. She cherishes the past, when she was still Cheryl Jean Stoppelmoor of Huron, South Dakota. "Loneliness brings some insecurities, and I have a whole lot of them. But whatever little emotional things happened to me as a child were put into perspective by the overwhelming love of my parents. They had to work hard to support the four of us children, but they were very honest, caring and decent people."

What concerns Cheryl Ladd now are the memories being formed in the impressionable mind of her own five-year-old daughter, Jordan. "The happiest day of my life was when Jordan was born," she says. "I never in a million years thought I would be divorced and inflict emotional pain on anyone, especially my child."

Yet last September she asked for a separation from Jordan's father, actor-producer David Ladd, and in January filed for divorce citing "irreconcilable differences" and requested joint custody of their daughter. The seven-year marriage had earned the euphemism "remarkably happy," and David reportedly said, "The shock was overwhelming—I didn't see it coming."

"I hung onto the relationship a long, long time, not wanting to hurt anyone's feelings, especially my child's," Cheryl says, sipping coffee in the sunny music room of her Hollywood Hills home. "You parent the way you were parented," she explains. "When you spend years nursing and caring, guiding and loving a child, it is terrible to think of doing something that is certain to leave scars and confusion."

Ironically, Cheryl was, and is, deeply involved in the problems of child abuse in America. She has immersed herself in the subject, filmed TV spots and raised funds for a children's rehabilitation center, and starred as an abusing mother in a televison documentary-drama (produced by David Ladd) last year.

More than most mothers she realizes that psychological and emotional injury can be as abusive as battering. "I firmly believe that the emotional experiences of the first six years of life greatly influence the kind of person you are going to be. And I knew that many of the things Jordan will do, her relationships with men and other women as an adult, would be affected by what happens to her now."

Knowing that only enhanced Cheryl's concern. "But with my marriage to David, I was losing track of myself totally. I cried a lot, feeling sorry for myself *(continued)*

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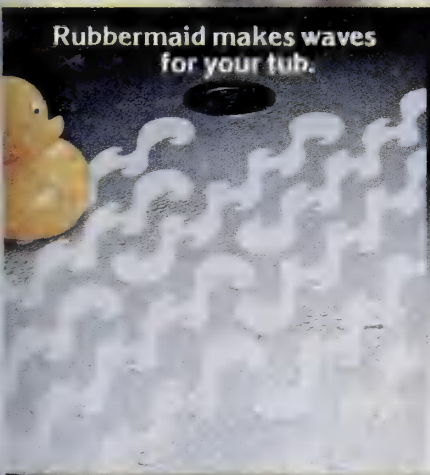
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CHERYL LADD

continued

and for Jordan and him. I was tense, working fourteen hours a day on *Charlie's Angels* and coming home, trying to cover up my exhaustion, my resentments, striving to be a wife, a perfect mother."

Cheryl leans forward, lights a cigarette, then sits erect. "Have you ever looked in the mirror and said to your image, 'Well, who have you manipulated today?'" she asked softly. "That's what I was doing: With no conscious intention to fool anyone, I was pulling the wool over everyone's eyes, including my own."

Finally, Cheryl faced the question that the parents of 12,000,000 children of divorce must confront: Will a child suffer more in a divorce or an unhappy family? Cheryl decided on a trial separation, feeling Jordan deserved at least an emotionally healthy mother, if not a perfect one.

After Cheryl made the decision to separate from David, she was seen in public with handsome, bearded composer Brian Russell, a mutual friend of the Ladds' throughout their seven-year-marriage. Cheryl admits now that Russell is "very much a part of my life," but firmly denies he was a factor in the breakup. "Cheryl left David for Cheryl," she says. "Not for a relationship with someone else.

No parent is perfect

"No parent is perfect," Cheryl believes, except in nostalgia. "We all say and do things, hard as we try not to, that hurt our children." Cheryl leans forward to nuzzle the Lhasa Apso dog—Jordan's puppy. "Every parent knows how it feels to hurt their kids," she says in a barely audible voice. "Whether you hit them, whether you neglect or ignore them, whatever it is you do, you are aware."

Her own mothering taught her that, as well as her involvement with child abuse. "I became involved in child abuse more than a year ago," she remembers, "when it seemed that every time I turned on TV, there was some gruesome documentary about abuse, or a news item about a parent going berserk with a child. I became really emotional about it, to the point where I couldn't take it anymore. I didn't want to hear anything about it."

Then she began seeing it around her—even in wealthy Beverly Hills. "Believe it or not! There are mothers in the parks whose screams are abusive. Their kids shrivel with humiliation. Women taking hungry children into the market and slapping them when they ask for food."

A little later Cheryl made a guest appearance on a talk show and found herself bringing up child abuse, out of nowhere—unless it was her subconscious. "Finally, I heard about a little five-year-old girl who had been beaten very badly by her mother and had to be hospitalized. In the emergency room the child turned to her mother and said, 'If I die, Mommy, then will you love me?'

"I knew then I couldn't close myself in a little shell and put my head in the sand," she says calmly. "The situation simply made me ill, and I had to face it." Cheryl began reading, talking to psychiatrists and doctors; "I was not looking for a 'cause,' but I got one."

David found a drama titled *When She Was Bad* and produced it on ABC television last November. "It was the most meaningful thing I've done professionally. Women began writing, thanking me, telling me they were going to get help." As a result of the movie, a facility for abused children, Children's Village U.S.A. near Palm Springs, California, asked her to be its ambassador-at-large. They felt she understood the problems.

"Oh, and I do," Cheryl says. "Playing that abusive mother was in many ways a very terrifying experience. It really made me see a lot of dark places in myself, dark places we all have and that we lock up and don't open for anybody to see. I sa my temper, the capacity for anger that there in all of us." And she saw ho insidiously easy it becomes for a trouble parent to slip from frustration into victi ization of the young.

"It happens so quickly. You can l exhausted or depressed, and sometimes seems a child instinctively knows all t emotional buttons to press to make y feel worse. I've had it happen. I've co very close—and had to leave the room control myself."

The line between discipline and abu is often as thin as a nerve.

"A child does need guidance, a whenever I have had to discipline Jorda it is always explained and discussed." B parents, especially the growing numbe of working mothers, are human. "We c be under pressure. We can be exhauste unhappy. I recall when Jordan was thre and I had had a tough day, a lot on m mind, and I was talking *at* her instead

(continued on page 14

CHILD ABUSE—BATTLING THE EPIDEMIC

Every day 13 children are murdered—by their parents.

Child abuse in America today has reached epidemic proportions—approximately one out of every five children may be physically harmed, neglected or sexually abused by their parents or guardian.

Studies show that child abuse is not limited to any one segment of society. The parents who mistreat their offspring may be doctors or lawyers as well as laborers or factory workers.

Many cases of child abuse are discovered by caring friends or neighbors. If you suspect a child is being neglected or mistreated, call the police; some departments have a hotline for this. (Your identity can remain confidential if you desire.) You may also want to contact a local crisis intervention center, and/or the child welfare agencies.

Aiding the victims of child abuse and their families is only part of the solution; other groups are concentrating on preventing the abuse of children by alleviating the pressure that can cause it. For instance:

- When troubled parents attend sessions of Parents Anonymous—a self-help crisis intervention group for those who find themselves locked into the child abuse cycle—the incidence of physical harm to children drops to almost zero. (For more information contact Parents Anonymous of New York, 250 W. 57th Street, New York, N.Y. 10019, tel: 212-765-2336, or check your local directory for a chapter near you.)
- A pilot home-visitor program for new mothers has been set up by the state of Kansas and the U.S. Department of Health, Education and Welfare. The visitor—a trained lay person who is also a parent—acts as a friend, a source of child-care information and a community liaison. In the first year of the "Healthy Start Program" no deaths occurred from child abuse in the counties receiving the service, and no children required hospitalization due to battering—a dramatic improvement from previous years. Now other states are following their lead. (Information is available from the Bureau of Maternal and Child Health, Kansas Department of Health and Environment, Forbes Field, Topeka, Kansas 66620, tel: 913-862-9360.)

Kansas is also the home of the first statewide Parent Education Resource Center (Kansas Department of Education, Parent Education Resource Center, 120 E. 10 Ave., Topeka, Kansas 66612, tel: 913-296-2598), which serves to help communities start their own parent education programs.

- The "bonding" or "attachment" that takes place between the mother and baby in the first few hours after birth may have a significant effect on the future parent/child relationship. Participating maternity wards across the country are now offering a wide range of options to expecting parents, so that they may spend as much time as possible with the newborn infant. For more information about this program and other child abuse prevention strategies, contact the National Committee for Prevention of Child Abuse (332 South Michigan Ave., Room 1250, Chicago, Ill. 60604, tel: 312-663-3520) or the National Center on Child Abuse and Neglect (P.O. Box 1182, Washington, D.C. 20013, tel: 202-755-0587).—KIM BROWN

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THE REST OF THE DAYS

Meg wasn't inclined to forgive and forget. But a new baby can soften the deepest emotional scars. A short story by Morton Fineman.

Driving away from the hospital, David said hesitantly, reluctant to bring up this particular subject, "There's one thing, Meg. Your father called last night. He wants to see Cindy."

Sitting beside David, holding their first baby tenderly, Meg asked, "How did he find out, living in Florida? We haven't even sent birth announcements."

"Apparently your mother told him."

When Meg was 11, her father, Nick, had chosen a different life for himself. Even now, so many years later, married, confident in her own world, Meg disliked thinking about that time, and the rainy night her father had left.

"That must be it," Meg said. "It baffles me that Mom even bothers to talk to Nick after all these years." Meg paused, glancing at Cindy. Slowly, she added, "I guess inviting him is something to get over and done with. What did you say?"

"That I'd check with you. I know you don't have him tagged as the standard textbok grandfather *or* father." David smiled thinly.

"It's sort of funny," Meg said reflectively. "Ever since his second marriage broke up last year, he's been calling Mother. Always with some excuse. But it's just to talk to her."

David drove with elaborate care through the city traffic. Meg told herself not to think about her only *(continued)*





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THE REST OF THE DAYS

continued

and long-ago visit to him in Florida. But that was impossible now. It had been during the Easter school recess, six months after that rainy night he'd left.

She'd wanted to visit him, hoping with secret, youthful, innocent intensity that when she got to Marathon in the Florida Keys, she'd achieve something great, triumphal: make him come back, restore the structure of her life. She smiled now at how easy it had been to hope while flying south to her father's new world.

At the Miami airport, Meg had seen him, wearing white ducks and a visored fishing hat, and she raced down the long corridor, her tote bag flapping wildly, to hug him. If she hugged him hard enough, frantically enough, the communication of her flaring hope would outdazzle words. In Marathon, after the ride on the smaller, local plane, her hope ended because a small, blonde woman, smiling vivaciously, tanned rusty gold, awaited them in her father's new house—a woman unlike her mother, who was tall and dark-haired.

Suddenly, that long time ago, all Meg wanted was to be at home, remote from this foreign world gleaming with hot, bright air and funny looking trees. Through memory-clouded eyes she looked once more at the strange woman trying to put her at ease. *Mother is prettier!* And that thought hovered like a lifeline within reach.

Now, Meg asked, "David, was the crib delivered?"

"*And* set up. Even the diaper service made their first delivery this morning. Your mother is at the house waiting to be a grandmother." He grinned at Meg.

When Meg became pregnant, David had said a house wants a cat, a teapot and a baby. The words still possessed a talismanic quality that made Meg feel doubly secure against the lingering emptiness her father's choice of a different life had brought. The other part of it was knowing that she and her mother ran a successful business selling knitting supplies in the downtown shopping mall. She hadn't fled into marriage with an ardor of dependency. She was with David because she wanted to be with him.

Yet, as Cindy slept in her arms, Meg said silently to her daughter, thinking of her own father: *Your* father won't ride off in a taxi, on a rainy night, to the airport and fly to a different life without you. And she suddenly remembered the weight of desolation later that rainy night, not even thinking then that anything could be worse. But something was. She had awakened to find her mother going through the house shutting windows, isolating them from the rain that was falling harder. When her mother left the bedroom, Meg had opened the windows again because she didn't want to be cut off, left in this lonely cocoon of night. Then she lay in bed, listening to the rain and thinking about her father. In the morning, the curtains and carpeting were soaked. Her mother had been very angry, but Meg couldn't explain why she had to reopen the windows.

Turning to David again, she said musingly, "I guess you'll be teaching Cindy to ski and ice skate, and fix her bicycle, and probably help her with algebra and geometry and other mysteries."

"Is that what your father did?" David asked presciently.

"Yes," she said. "Then he stopped."

"It still hurts?"

"God, yes. I haven't thought about it in ages. But now it hurts again."

"Think about your cat and teapot and baby," David said.

"All right," she said. "You are full of sound advice." Nonetheless, she wondered how she'd endure her father's visit.

At home, David couldn't stay for the lunch Meg's mother had prepared. After he left, Meg's mother asked, "Did David tell you about Nick?"

Meg nodded. "Nick is good at always getting what *he* wants." *(continued)*





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THE REST OF THE DAYS

continued

"Don't be too hard on poor Nick. You've got your own world, and you ought to be able to take him in stride. He wouldn't say so, but I got the distinct impression that he feels very guilty about you—now that he's a grandfather."

"What did he say?"

"Something about how easy it was to lose track of time. He wanted to know if *I* thought you'd let him see Cindy."

"I wouldn't," Meg said. "But David would be shocked if I said no. He's much more generous than I am."

"David's right," her mother said in a soft, decisive voice. "Sometimes I think I know more about Nick *now*—just from talking to him on the telephone—than I did when we were married."

"It was *his* fault, if you didn't know about him," Meg said, long practiced scorn leaping from her words. "Right out of the blue, telling his wife that he hated being an accountant, and wanted to sell his share of the partnership and buy a fishing boat in Florida. People may think about doing things like that; but they don't ever do them. Except him."

"Some do," her mother said in a gentle, corrective voice. "I was so shocked to find out that he wasn't happy—no, that isn't right—so *unhappy* with himself. I thought if he really loved me, he couldn't possibly be unhappy, and what he wanted to do just meant that he didn't really love me. I didn't know how complicated being happy is or how being happy changes. If I hadn't felt so dependent on him, I might have understood why he was so unhappy . . . I was so logical and naive, and self-righteous about love." She smiled patiently, as if she'd earned the right to know that understanding was one thing, compassion another and that happiness is hard to chart.

"Don't blame Nick for everything, dear," she said. "What he wanted wasn't a childish thing for him. But of course that's *his* side of it, and mine. Not yours. It was harder for you—only eleven, and everything swept topsy-turvy like that. Do you remember when I was so angry at you that morning for opening the windows after I'd closed them?"

Meg nodded. "My side *was* different."

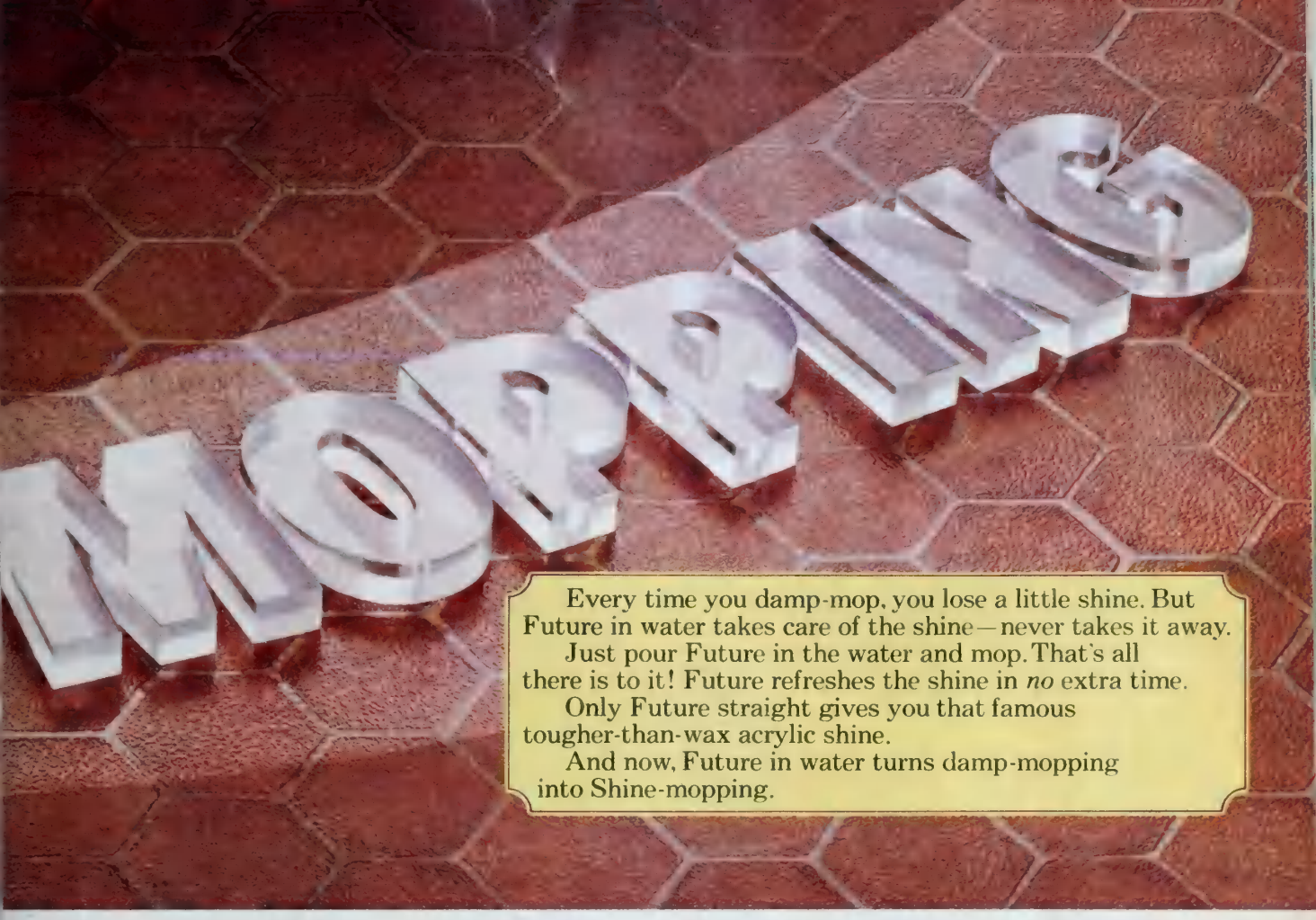
Feeling very close, they smiled at each other and how they had wrested survival and order from a long ago chaos.

The day of her father's visit to see Cindy was a lazy, early summer day with a cerulean sky. In her crib, Cindy cooed at the toy mobile moving above her. The doorbell startled Meg, and she wondered how David and her father could have arrived so quickly from the airport. But it was only the diaper service. She paid th driver, annoyed with herself for succumb ing to this edgy, tentative mood of uncer tainty and, with effort, stopped wonder ing if everything was all right. The hous didn't need her father's approval; sh didn't, Cindy didn't, David didn't. A most, he would be a not entirely welcom guest. In fact, she said sternly, he going to be here on sufferance.

Later, when the car stopped at th curb on the street side, David emerge first, then Nick—staring at the house h was seeing for the first time. Meg re mained in the living room with a depth curiosity she refused to admit.

Her father, hatless, with dark aviat sunglasses, was taller than she remem bered. He was, Meg thought, staring in tently at him, no matter what else yo might say, *handsome*; a man who'd live and worked for years in unrelenting sun light. His hair, cut long, was curly gra his thick eyebrows were startlingly black She saw him laugh at something Davi said, clap him on the shoulder as if the were old friends returning to the club house from a round of golf. He looke prosperous in an understated, easygoin way: someone who had everything tie into the neatest of packages. He didn look like a man who would call his lon divorced first wife just to talk.

"I'm in the living room," she replied David's question. She hoped she sounde



casual as her father entered and stopped, looking at her keenly. The aviator sunglasses were in his pocket, and she saw again how dark blue his eyes were. She'd nearly forgotten that.

"Hello, Nick," she said, trying to put a formal distance between them.

He smiled at her use of his first name. Meg wasn't sure if the smile was a guise to conceal his feelings or a signal that he recognized her emotions about their meeting after so many years.

"Do you still have that boat you wanted so much?" Meg asked.

He shifted a box gift-wrapped in silver paper from one arm to the other and said, almost placatingly, "Another one, Meg. I gave up chartering fishing parties six years ago. These days, the bank and I own a little marina. . . . Well, when do I get to see the star of the show?"

"David, why don't you two go up?" Meg said. "I have to finish dinner. Cindy's asleep. Try not to wake her."

"I brought something for Cindy," Nick said. He held the box out to Meg. "I think you'll like it."

The gift was a quilt for Cindy's carriage, soft yellow on one side, white on the other. Small white flowers were embroidered on the yellow side; the colors of the flowers were reversed on the other side. It was down-filled, puffy and light, obviously the product of infinitely patient, skilled fingers.

"It's beautiful," Meg said, spreading the quilt across the back of a chair. "It's handmade, isn't it?"

"Yes," Nick said. "This fellow who works for me at the marina—his wife makes things like that to earn extra money. I'm glad you like it, Meg. Now how about that daughter of yours?"

"This is only a preview, Nick," David said, laughing. "You'll have to wait until she's awake for the main show."

"Do you get the impression that David's a proud father?" Nick asked Meg.

The quilt *was* beautiful, a thoughtful, useful gift. But Meg didn't want to share how she felt with him. So she said in a neutral voice, "Very much."

As David and Nick went up to Cindy's room, Meg stepped out to the garden to pick flowers for a centerpiece. When she returned, she heard David calling her.

"You know what to do," she said. "If you want a drink before dinner, don't be too long. Just change her and let her go back to sleep."

By the table, arranging the flowers, Meg could hear David and her father very clearly. A kind of unanimous, venturesome jollity sparkled in their voices. They had elevated the diapering of Cindy into a joint, festive project. Her father's voice was assured, instructive; David, on his part, pleaded the latest techniques garnered at the child care classes he'd attended with Meg. Nick hadn't taken classes, but he flaunted, jokingly, his on-the-job-training with Meg. He was freer, more relaxed with David, as if their shared maleness in the presence of Cindy was an instantly identifiable bond. She began to smile to herself until she heard her father saying, "I can't tell you how many four o'clock in the morning diapers I changed on your wife. *That's* the test, kid. You're still a rookie."

Meg tensed; her fingers snapped the stem of an English daisy in a sudden fret of anger . . . When it had suited him to stop playing father, he'd stopped. Now he'd decided to start playing grandfather. It was so damned easy for him: fly up with a gift and smiling charm and, with these little aids to prestidigitation, the past, hers, was gone for him like a stage setting that disappeared in the darkness between acts.

"Meg, I really think she's hungry," David yelled down.

"I doubt it. She just hates to be wet."

Then she heard her father saying, "Let me hold her," and she wanted to shout down his confident, presumptuous words: *Don't you dare let him, David!* Instead, she said, "If you two want that drink before dinner, you'd better make tracks."

But David came down alone. "He's holding Cindy," David said quietly to Meg, asking her by his manner to be generous, to understand. *(continued)*





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THE REST OF THE DAYS

continued

"You should see the look on his face."

"I'll get the brie and crackers," Meg said, conceding nothing.

"Face it," David said, "he's her grandfather."

"I'll be happy when this night is over," she said.

When Nick came down, David handed him a martini. Nick smiled and said, "God, I'd forgotten how little babies are and how sweet they smell—with a fresh diaper."

He took a cracker spread with brie from Meg and their fingers brushed. His hands were a fisherman's hands now, not an accountant's, scarred with healed cuts from fishing line; the nails were cut close and part of one was bluish black from some old injury. As she turned toward David with the tray, Meg remembered how she'd held her father's hand, walking to the playground and the museum and the ice cream parlor. His hand had been like a rudder, steering her through the world. And she remembered how often they'd made a game of measuring hands, pressed palm to palm, his fingers rising beyond hers, and how at night, putting her to bed, with his hands he'd make shadow animals leap across the wall for her delight, a whole menagerie of animals at play.

"Your mother liked the quilt too," Nick said to Meg.

"How could she? She hasn't seen it," Meg said, turning to him.

"In a way, she has," he said.

Meg looked at him again, surprised. It was as if he'd opened a door unexpectedly and stood there unguarded, awaiting permission to tell her many things. "I called Edith to ask her if she thought a quilt was a good idea. I knew she'd remember that we once had a quilt just like that for you." Nick paused. "That's really ancient history. Edith was pregnant with you. Just about three months pregnant. We were in London, visiting her grandparents, and Edith decided that she wanted to see Hove again. Remember? That's near Brighton. We drove down in a rented car. And one morning in the shop window she saw the quilt, and she just had to buy it—the first thing we'd ever bought for you, Meg. We never got to use it though. It was packed in the suitcase that didn't come back with us on the flight home. Edith pestered the airline for weeks, but they never found it.

"That's why I carried this one aboard the plane and kept it with me." He smiled at her with longing expectancy and said in a reminiscent voice, "The day we bought it was probably the happiest day for us. But the trouble with a happiest day is that you forget sometimes about the rest of the days waiting for you." Musing, almost shyly, he gazed at images lucent in his own faraway time where the key turned only for him. "We had strawberries for lunch after we bought the quilt—you know those English strawberries. We just gorged ourselves on strawberries. Edith had a moustache of strawberry juice and I wiped it off and we started to laugh. Even the waitress thought it was funny: two Americans laughing crazily over strawberries. Of course she didn't know all the other things we were laughing about."

From his place at the end of the coffee table, David said to Meg, "It's like the McIntosh apples all over again."

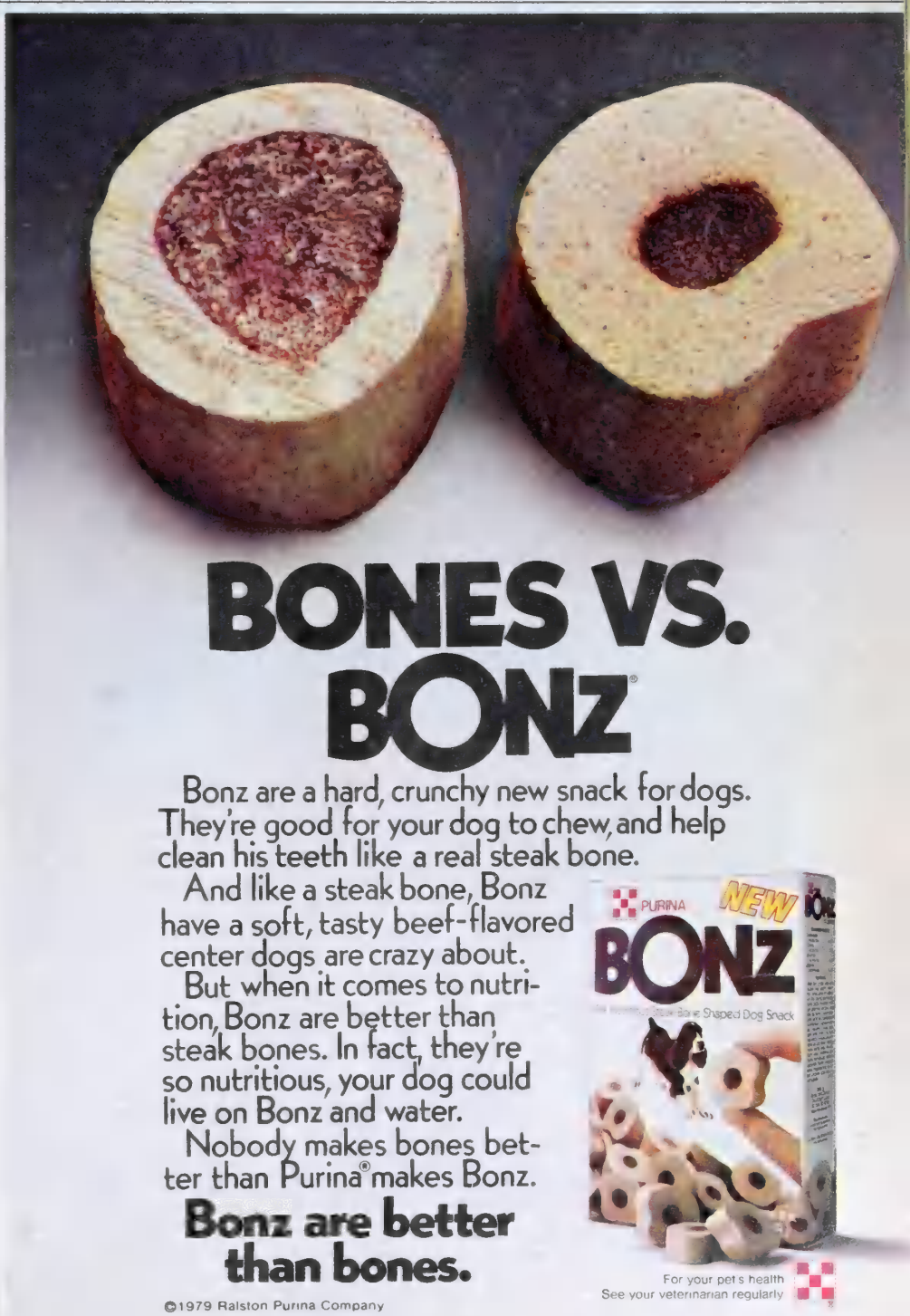
Nick looked from one to the other quizzically. "Am I losing a thread here?"

David laughed. "Not at all. You tell him," he said to Meg.

"David and I were camping in Maine, and one day we went to a roadside stand to buy corn. They had baskets of little McIntosh apples for sale, the first pick. They were sweet and tart at the same time and warm, and we just couldn't stop eating them. I ate so many I started to feel sick and that was the moment David started talking about getting married."

Then David said, "McIntosh apples have always been pretty special around this house."

For a moment there was no sound except for the timer clicking away in the kitchen. Meg, aware of her father's gaze, heard him say softly, *(continued)*





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THE REST OF THE DAYS

continued

"McIntosh apples," laughing. It was as if an exchange was being made somehow: McIntosh apples for English strawberries.

Then he said, "Meg, Edith and I have been on the phone a lot lately."

"I know," Meg admitted. "Is this a confession? You don't need my approval."

He caught the wariness in her voice and smiled. "There's another part to the confession, Meg. I want to start seeing Edith again. I have a feeling she won't slam the door in my face. Your approval—the way you say it, as if she and I don't need permission or approval—I'm not really talking about that."

"What?" Meg said challengingly.

Nick said to David, "I hope all this isn't embarrassing you, Dave. It comes out of old years when I hurt Meg in more ways than I knew."

Before David replied, Meg asked insistently, "What *do* you want?"

"Not permission. Not approval. Something tougher," he said softly. "I want you to understand. How somebody is, how he becomes somebody else but is still the same in many ways. The dolphin is gold and blue and silver and when it dies it changes color. I guess to remind us of what it has lost. I always release dolphins when I catch them these days. I guess what I mean is that I want you to understand so I can be your father again. So we can all see each other again. And maybe if the fair winds hold, I can get Edith to marry me again. We'll both be older and maybe a little wiser about everything."

The timer, ringing, summoned Meg to the kitchen, scattering her thoughts like a flock of birds. Rising, she glanced at Nick. He was looking at her, undisturbed by the timer bell.

"Toss the salad, David," she said. "Nick, will you help me in the kitchen for a moment?"

She had trouble recognizing her voice, but recognized clearly other things, infinitely more complicated. Nick hadn't come just to see Cindy, to play selfishly at being a grandfather. Instead, he had journeyed home, to his old life, the one he'd thought abandoned on a rainy night. It was as if, in a reversal of roles, he was now in a long rainy night of his own, dreaming awake, as she had, of a promise to take shape and, like her too, the grail of understanding.

"Meg," he said, "try."

She looked at him for a long moment, potholders forgotten in her hands. "I want to tell you something, Nick. You always sent nice presents to me. After you left. For my birthday, for Christmas and I hated them. Beautiful presents from Florida and I hated them because I wanted you. But I love the quilt for Cindy." She put down the potholders. "Nick, I'll try," she said.

David was opening the wine as they came into the dining room: Nick with the meat platter and Meg with the covered dish of asparagus. David smiled discreetly, leaving them to their shifting old and new worlds. Then Nick smiled at Meg in an entirely different way, and everyone sat down.

During dinner, Meg thought of what David had said about a house needing a cat, a teapot and a baby, and she told that to Nick. He agreed it was a wise grouping of necessities. He proposed a toast to Cindy. Meg saw his hand tremble. Listening to him, she thought of what she could now tell Cindy about her grandfather and of the things he could do with her: shadow animals on the wall, hand holding, hand-measuring with palms and fingers touching softly, asserting love. Then she thought it would not be the way it might have been, but it would be different in ways she didn't know yet.

Everyone sipped wine, celebrating the sleeping child upstairs and Meg thought how, after so long, they were beginning to find value in each other.

"Nick," she said, "check out of your hotel tomorrow and visit with us." She saw how eagerly he welcomed her words and she thought how she had run toward him with the same eagerness long ago in the terminal at the Miami airport. "That's the best way to get to know your granddaughter," she said. **En**



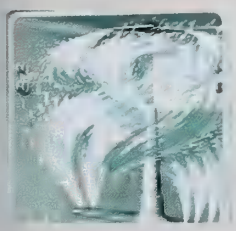
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Forget the past? None of us really can. But what happens when sweet nostalgia turns into sour grapes?

By Theodore Isaac Rubin, M.D.

If You Had It to Do Over...



How many people do you know who can say, "If I had my life to do over again, I wouldn't change a thing"? Most of us have a few regrets—choices we might have made, chances we might have missed. Even if we are pretty well satisfied with things now, it's natural to look back sometimes and play a game I call "what might have been."

"If I hadn't gotten married," a woman may ask, "what might have happened?" Another wonders how her life might have turned out if she hadn't had children . . . or if she'd finished college . . . or if her husband's business hadn't lost all that money . . . or if she'd been born a boy instead of a girl.

There are many ways to play the game, and some of them are harmless, normal, even positively pleasant. After all, it *is* fun to dream—as long as it's an occasional thing and we don't take it too seriously. In my psychoanalytic practice, however, I've had some patients who dwell obsessively on what might have been. Their speculations about the past are anything but lighthearted; indeed, they always seem to be asking, "Where did I go wrong?"

Trapped in the past

Let's consider the people who can't stop brooding about lost opportunities. Interestingly enough, they invariably assume that the "road not taken"—the man they might have married, the career they might have had—would have been infinitely more rewarding than the one they did follow. It seldom occurs to them that their real life might be *better* than any fantasy.

And that's because their preoccupation with the past often masks a deeper malaise—a sense of depression about themselves and their present situation. Some of us feel that we didn't choose our own lives at all; we claim that circumstances—or other people—pushed us into certain patterns. To a person in such despair over today, it is tempting to take refuge in yesterday.

Usually, though, it only makes matters worse. If someone is unhappy to begin with, she won't lift her spirits by painting rosy pictures of a past that never existed. She will just think less of herself, and of her real life, for failing to measure up to that mythical "might have been." It is a vicious circle: The more she dwells on days gone by, the more hopeless she feels about the here and now.

Of course, as I pointed out before, the "might have been" game isn't always a sign of depression. Too often, however, I have seen it turn into a monster. For this game can be addictive—an escape into fantasy that prevents us from savoring the good things (and changing the bad) in our present-day lives.

The time is now

That brings me to another way this habit can hurt us. If we want to make changes in our lives, but we're just too scared, that's often when we find ourselves yearning for "what might have been." It is a diversion, a means of putting off the hard decisions that currently confront us. It is far easier to fantasize about an unchangeable past than it is to face the real (and bewildering) possibilities of the changeable present. Unfortunately, while we're busy moaning about having "missed the boat," a whole array of new options may be passing us by. And so the cycle continues: Today's lost opportunity becomes tomorrow's "might have been."

It may feel safer to sit on the sidelines and second-guess the past, but in the end it's not very satisfying—and it can be terribly demoralizing. Don't pass judgment on what you've done, or failed to do. We make our decisions as best we can, and there's no way to be sure how they'll turn out. You say your life could have been better? Quite possibly you're right—but it could have been a lot worse, too. No individual can have it all; there are always priorities, choices, limitations. It is impossible to know how life might have been; we can only accept the way it was, and then move on.

Once you realize that, you can abandon those empty nostalgia games and take a long look at your life today. Is it a happy, fulfilling one? Then give it everything you've got. Are there some things you dislike? Then focus on changing them *now*. Invest your energy where it belongs—not in wondering about "what might have been," but in making the very best of today. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in this column can be answered.

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IF DIETS DON'T WORK FOR YOU...

A DIET DOCTOR'S LOOK AT A NEW FRONTIER

Are you fighting a hidden enemy in your battle against calories? Here, from a leading weight expert, a promising report for women who can't lose weight—because their bodies won't let them. By Dr. Neil Solomon with Janice Billingsley



Photograph by Kleinberg

Have you tried every diet from A to Z, but find you can't lose weight, no matter how strictly you follow the programs?

Or, do you lose weight but gain it right back, in a yo-yo pattern? Do people accuse you of cheating on your diet, even when you aren't?

If you are nodding yes, yes, yes to these questions, then you might be among the ten percent of overweight people who have a low metabolism caused by allergies.

After years of work with overweight patients, I've found that allergic reactions to foods, inhalants and chemicals can lower a person's metabolic rate so that she can't lose weight no matter what she tries. When the allergies are neutralized, however, a woman can then diet successfully. This regimen has worked for 75 percent of my patients who have had this problem.

Of course, the majority of overweight people are not affected by allergies. About ten percent have different types of metabolism problems, like an underactive thyroid. And overeating, by far, is the leading cause of obesity. But for those who faithfully diet and still have trouble losing weight (especially if they're always losing and gaining, in a yo-yo syndrome), allergies may be the culprit.

The allergy-obesity connection works something like this: Most allergies that enter the system produce an abnormal protein called IgE, a different IgE protein for each allergy. These proteins can, in effect, short-circuit the normal digestive process. Instead of converting food into energy, the body actually turns it into fat.

To remedy the situation, a doctor must first find out what allergies the patient has and then make up a neutralizing allergen to counteract the short-circuiting. Once the allergic reaction is neutralized, the digestive system can function normally, even when a patient eats foods to which she's allergic. Her body starts performing more efficiently, and her metabolic rate increases.

One of my patients, for example, had tried over a dozen different diets, but none worked. When she fasted for a week, she lost only two and a half pounds. And when she and some friends went on the Scarsdale Diet together, all of the friends lost between eight and ten pounds, but she actually gained two.

Mary, I discovered, was allergic to over 12 things, including the diet staples lettuce, tomatoes and artificial sweeteners, as well as inhalants, including house dust. After I neutralized her pertinent allergies and put her on a balanced, low-calorie diet, the excesss weight slowly started coming off as her body's metabolism righted itself. She now weighs 102, her goal, and also feels a great deal less fatigued.

Although some of my patients have suffered actively from allergies all their lives, others, like Mary, had no idea that that was their problem. It's not unusual for an allergy to lie dormant for years and then suddenly become a problem. In most cases an emotional stress—such as having a baby, starting a new job or getting a divorce—triggers the allergic reaction. Then the symptoms of the allergy—lethargy, for example, or sudden weight gain—become stressful, and you have a snowball effect take place.

Here are some typical clues that may indicate you have an allergy: *(continued)*



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The Lean American

Available in 8 and 16-slice packages.

IF DIETS DON'T WORK FOR YOU

continued

- Runny eyes or nose
- Skin rash and itching
- Fingernails that are brittle, or have ridges in them
- Hair that falls out easily
- Irregular or painful menstrual cycles
- Fatigue, headaches or constipation
- Always feeling cold

Also, remember that while it is possible to have only one allergy, multiple allergies are far more common. A person may be allergic to one or more of the following:

Foods

lobster	meat
shrimp	strawberries
milk	bananas
eggs	oats
sugar	malt (in beer)

Inhalants

house dust	animal skin
mold	animal hair
gasoline exhaust	cigarette smoke

Chemicals

newsprint	hairspray

For those who suspect their weight problem *is* related to allergies, here's a step-by-step program to help find the answer. Some of the detective work you can do on your own; the rest you can pursue in conjunction with a doctor.

1. *Analyze your weight problem.* A you always losing, then regaining weigh in a yo-yo syndrome? If so, is it becau you overeat or because you gain weig on a very small amount of food, even wi proper exercise? If you think it's the la ter, allergies could be lowering your me abolic rate.

2. *Take your temperature.* First thi in the morning, before you get out bed, carefully place a thermometer und your arm and leave it there for at lea five minutes (oral temperature takin doesn't work as well for an accurate met bolic reading, because evaporation in th mouth lowers the temperature). A norm temperature is between 97.6° and 98. F. If yours is under that, there's a goo chance allergies could be impeding yo weight loss. (Note: Other medical pro lems, such as arthritis, diabetes or hig blood pressure, also can cause a low ax lary temperature. If you suspect any these conditions, you should, of cours consult a doctor.)

3. *Look for patterns.* Keeping a foo diary for a week or so may help pinpoi any allergic symptoms. When, for exam ple, do you get strange physical sens tions, like swelling in your feet, fingers breasts, fatigue, light-headedness, dif culty breathing? Is there a time when yo feel prone to emotional outbursts? Do coffee or sugar make you jittery? I some foods make you feel "blah" or gi you a headache? If there's somethi there, soon you'll see a pattern.

Cravings for certain foods are anoth clue to record in your diary. Strange as sounds, the foods you generally crave a often the ones to which you are mo allergic.

4. *Work with a doctor.* If your regul doctor doesn't treat allergies, make appointment with an allergy speciali Ask the allergist to give you an IgE te If the test shows up positive, it mea that you definitely have allergies in yo bloodstream. Not all allergies show up an IgE test, however, so if you get negative result and still think you ha allergies, ask to be tested for what a called "non-IgE-dependent" allergies. these tests are positive, you then ha some data to back up your hunch, a the allergist can work out a treatme program.

I also recommend that the allergist te for each allergy-causing substance, rath than the traditional approach of testi for five or six substances at one tim Individual testing takes more time th multi-substance testing, but more a more people are asking for it, and abo one third of allergists now test that way find that individual testing helps p down the exact degree of allergic reacti to each substance, which aids in prep ing the proper dose of the neutralizi allergens. (By the way, many allergi use oral drops, rather than shots, in a ministering the allergens.) *(continue*

Presenting the GE toaster that broils and bakes.



The GE Toast 'N Broil Toast-R-Oven® toaster.

Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters...and the pan pops right into the dishwasher for easy cleaning.

It's a great oven.

The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for. Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. Its thermostat controls the temperature from 200° to 500°F.



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This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23.

Once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

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Moulinex®

1 English muffin
1 teaspoon butter or margarine
½ apple
1 cup skim milk or buttermilk
Coffee/tea if desired

Dinner
3 ounces tenderloin steak, broiled
Asparagus spears
Cauliflower with lemon and paprika
Tossed green salad with diet dressing
1 teaspoon butter or margarine
1 small dinner roll
Fresh pear
Coffee/tea if desired

Snack
4 graham crackers
1 cup skim milk

MONDAY
Breakfast
⅓ cup pineapple juice
¾ cup puffed wheat
½ cup skim milk
1 slice toast
1 teaspoon butter or margarine
Coffee/tea if desired

Lunch
Beef bouillon
½ cup cottage cheese on lettuce with 1 fresh peach or 2 halves of canned peaches, water-packed
½ English muffin, toasted
1 teaspoon butter or margarine
Coffee/tea if desired

Snack
6 vanilla wafers
Milk Shake

(continu

IF DIETS DON'T WORK FOR YOU

continued

It is important to note, too, that some overweight people with allergies also have glandular problems. If you, your regular doctor or your allergist suspect glandular troubles, ask to be referred to an endocrinologist, who can test you for thyroid, pituitary, adrenal or other glandular imbalances.

5. *Start your diet.* When your allergies are neutralized, you can ask your doctor, or even a dietitian, to help you work out a diet that's suited to your needs. Or, you may want to try my *Easy, No-Risk Diet.* See the menu plan below.

6. *Be true to yourself.* If you have a problem losing weight, and you know the problem isn't overeating, don't give up your search for a solution. Find a physician who will take a personal interest in you, leaving no stone unturned in discovering what's wrong.

A week of diet menus

The following week of menus is part of Dr. Solomon's *Easy, No-Risk Diet,* which is the diet he gives his patients after treating them for allergies. These menus provide a 1,200-calorie-a-day diet, designed for slow, but permanent weight loss.

SUNDAY
Breakfast
½ cup orange juice
1 poached egg on toast with 1 teaspoon butter or margarine
Coffee/tea if desired

Lunch
10 small shrimp on lettuce with tomato wedges, celery, dill pickle chips, diet dressing



"I lost all the weight I wanted to lose with Dexatrim.



I lost 17 pounds in 4 weeks, and I wasn't bothered by hunger pains. For me, losing weight was much easier with the Dexatrim Diet Plan."*

Michelle Dempsey Elkins

Michele Dempsey Elkins, Kansas City, Kansas

Dexatrim...the time-release way to lose weight.

People from all over the country are writing to us about their results with the Dexatrim Diet Plan. Many tell us Dexatrim helped them lose the weight they couldn't lose alone.

Proven effective in seven years of clinical tests. Just one Dexatrim capsule can help curb your appetite during meals and in-between for up to 12 full hours.

And now, there's Extra Strength Dexatrim, with 50% more appetite suppressant...you can't buy a stronger capsule without a prescription.

So if you want to lose weight without going hungry, try Dexatrim... the time-release way to lose weight!



*Use as directed. *Amount and speed of weight loss varies with the individual.*

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IF DIETS DON'T WORK FOR YOU

continued

(Whip together in blender ½ cup skim milk, few drops almond flavoring, artificial sweetener if desired, 1-2 ice cubes.)

Dinner

½ CHICKEN BREAST PAN-BROILED WITH SOY SAUCE AND HERBS
BROILED TOMATO
FRESH GREEN BEANS WITH WATER CHESTNUTS
1 TEASPOON BUTTER OR MARGARINE (FOR VEGETABLES)
LETTUCE HEART WITH LO-CAL DRESSING
DIET GELATIN WITH ½ BANANA
COFFEE/TEA IF DESIRED

Snack

1 SLICE AMERICAN CHEESE
4 WHOLE WHEAT WAFERS
1 CUP SKIM MILK

TUESDAY

Breakfast

½ GRAPEFRUIT
1 EGG CODDLED WITH 1 TABLESPOON MILK, SALT, PEPPER, ¼ TEASPOON BUTTER OR MARGARINE
1 SLICE WHOLE WHEAT TOAST
¾ TEASPOON BUTTER OR MARGARINE
COFFEE/TEA IF DESIRED

Lunch

TUNA SALAD
(With ½ cup tuna fish—water-packed—chopped celery, chopped green pepper, peas. Toss with 1 tablespoon mayonnaise—serve on lettuce)
1 ENGLISH MUFFIN, TOASTED
½ CUP PINEAPPLE, FRESH OR WATER-PACKED, OR 2 SLICES
1 CUP SKIM MILK

Dinner

1 DOUBLE LAMB CHOP, BROILED
BAKED POTATO WITH 2 TABLESPOONS SOUR CREAM OR 1 TEASPOON BUTTER OR MARGARINE
PEAS WITH MUSHROOMS
SLICED ORANGE SALAD WITH FRESH MIN GARNISH
DIET PUDDING MADE WITH ½ CUP SKIM MILK
COFFEE/TEA IF DESIRED

Snack

¾ CUP CORNFLAKES
½ CUP SKIM MILK

WEDNESDAY

Breakfast

½ CUP ORANGE JUICE
½ CUP OATMEAL
1 SLICE TOAST WITH 1 TEASPOON BUTTER OR MARGARINE
½ CUP SKIM MILK
COFFEE/TEA IF DESIRED

Lunch

1 CUP JELLIED CONSOMME, LEMON WEDG
1 SLICE SWISS CHEESE ⅛-INCH THICK
1 SLICE BAKED HAM ⅛-INCH THICK
SAUERKRAUT
KOSHER DILL PICKLES
1 SLICE RYE BREAD (Toast bread and run sandwich under broiler)
SMALL APPLE
½ CUP SKIM MILK
ICED TEA

Dinner

4-OUNCE SALMON STEAK WITH LEMON AND ROSEMARY
BROCCOLI
BOILED NEW POTATOES, 1 SMALL, 2-INCH DIAMETER
ROLL
COLESLAW WITH DIET DRESSING
2 TEASPOONS BUTTER OR MARGARINE
1 TANGERINE
COFFEE/TEA IF DESIRED

Snack

3 COCOA GRAHAMS
1 CUP SKIM MILK



THURSDAY

1 SHREDDED WHEAT BISCUIT
½ SLICED BANANA
1 SLICE TOAST WITH 1 TEASPOON BUTTER OR MARGARINE
COFFEE/TEA IF DESIRED
1 CUP SKIM MILK

Lunch

SANDWICH WITH 2 SLICES BOLOGNA EAC ⅛-INCH THICK
2 SLICES RYE BREAD WITH LETTUCE AND MUSTARD
2 TEASPOONS MAYONNAISE
CELERY STICKS
CARROT STICKS
DILL PICKLE
DIET SODA

Dinner

4 OUNCES LEAN CHOPPED SIRLOIN, BROIL
SPINACH WITH ½ TO 1 TEASPOON VINEG
STEWED TOMATOES WITH ⅓ CUP KERNEL CORN
PERFECTION SALAD IN LIME DIET GELAT
(Chopped cabbage, green pepper, pimien
COFFEE/TEA IF DESIRED
½ BROILED GRAPEFRUIT, FLAVORED WITH TEASPOON SHERRY *(continu*

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In 1975, her family's "pull the plug" dilemma was world-wide news. Now 26, Karen Quinlan is still alive, though in a deep coma. Here, her parents talk about how the ordeal has triggered a new movement that will aid the terminally ill and their loved ones. By Phyllis Battelle

Karen Ann Quinlan The young woman who refuses to die

Five years ago, Karen Ann Quinlan, aged 21, passed out at a party. She stopped breathing for a few minutes, slipped into a coma and never awakened. Told repeatedly that their daughter would not recover, the Quinlans asked that Karen's respirator be turned off. The doctors on the case refused. The ensuing legal battle awakened the world to the issue of an individual's right to die with dignity in an age of machines that can support life indefinitely.

The Quinlans won their plea to let nature take its course. But Karen did not die.

Her face is still lovely, her eyes still focus on people she knew, giving a startling illusion of awareness, and she reacts to sound and music. A soft handclap will startle Karen more than a clap of thunder.

Her condition is called Vigil Coma. She "wakes" and "sleeps" at erratic intervals. Because she stopped breathing temporarily on the night she was stricken, her brain was starved of oxygen, and she is believed to be in a "chronic vegetative state"—not clinically brain-dead, but lacking cognitive function. Yet there is a vulnerable, very human quality attached to Karen as she lies, curled like a baby, in the nursing home. She still reacts to pain and, recently, she has gained weight (she went from 70 to 78 pounds).

At three o'clock every afternoon, Julia Quinlan, Karen's mother, finishes her work as secretary in the rectory of the family's parish church in Mount Arlington, New Jersey, and drives the 14 miles to Morris View Nursing Home. The door to Karen's room, unlike the others, is made of heavy metal, with a wire-enmeshed window through which a passerby can see only a shaft of pale yellow wall, a small table sometimes holding roses and a print of the Virgin Mary above it. Karen, now 26, lies comatose on a waterbed in the hidden end of the L-shaped room.

Julia uses her own key, one of only six in existence, to unlock the security door that protects Karen from photographers (a bounty of $100,000 has been offered for a picture) and people who send crank letters (now in custody of the F.B.I.) threatening to "put her out of her misery." The other keys are guarded by Karen's father, Joseph, her younger sister and brother, Mary Ellen and John, and the chief day and night nurses.

Sometimes Julia brings a bottle of Karen's favorite shampoo, or flowers, or letters people still write, asking her to read them to Karen. Every few months, Julia brings new nylon nightgowns, specially slit down the back and hemmed, so that they can be slipped around Karen without disturbing the slender tubes which "feed" the patient through her nostrils. Her veins are too contracted to accept the usual method of intravenous feeding through the arm.



The mother talks in a soothing conversational patter, kisses her daughter's forehead and strokes the short, dark curls. "Then I often play different tapes that we have of the songs Karen loves," Julia says. "One is 'Bridge Over Troubled Waters' by Simon & Garfunkel. She likes that. But her favorite is Judy Collins singing 'Amazing Grace'. When Karen hears that, you feel she can understand it because her eyes roll way back and stay that way until the tape is finished. If I ever meet Judy Collins, I'll tell her how much that means to me. Even if you talk to Karen during that song, her eyes stay back until the last note."

Julia wonders if she should have mentioned this. "People might not understand. They might interpret her reaction as meaning Karen is 'better.' Nothing has changed, really. She has always *(continued)*

Karen Ann Quinlan

continued

reacted like that from the beginning."

Julia Quinlan has no idea of what goes on in the mind of her daughter. "We have talked to the new, young doctor here at Morris View about it," she says, "and he said he has often wondered about things like that. Yet when he goes through the whole series of tests for reflexes and reactions to sound, there is no apparent change."

As with Julia, Karen is also the focus of Joseph Quinlan's life. Every morning at approximately seven o'clock he drives to the nursing home and hurries inside. The sense of urgency never diminishes, consequently, neither does his chronic ulcer. "I just can't relax for the day, until I see how she is," he says.

Nurses and doctors, holding their daily staff meeting on the second floor, can set their watches by the appearance of Karen's 55-year-old father stepping from the elevator. They nod good morning— sometimes there's a reassuring, "She had a good night, Joe," as he walks the 20 yards past the nurses' station to the first patient's door on the left.

Joe moves into the room quietly, in case his daughter is sleeping. If she is, he checks the medical records that describe, hour by hour, how she fared that night. Some mornings, Karen is "awake" and agitated, twisting her head spastically from one side to the other, as though trying to wrench it loose from her rigid body, which has contracted into a fetal position. When she's excited like that, Joe immediately cups her head in his hands and reaches down to the back of her neck. "I know where she hurts, from experience, and I start massaging the area at the top of her spine where all the nerve endings come together. And I talk to her. Sometimes I even sing. Usually I can get her to relax before I have to leave." If the soothing fails and she still seems anguished at 7:25 when Joe must leave for his job as a pharmaceutical plant supervisor, he knows he'll be vaguely depressed until 4:40 P.M., when he sees her again on his way home. "It just starts off my day all wrong."

But there are the better mornings, when Karen is in "a real quiet mood, just lying there peacefully, looking out the window or at the wall, not darting her eyes around." At times like that, the father moves into her line of vision. "She will look right at me, and sometimes I can even move and she will follow me. That's when my imagination goes wild. Sometimes I just can't help myself. I say to her, 'Little girl, I'm just going to pick you up in my arms and carry you down to the car and take you home.'"

And Joe watches Karen's eyes. In the early days of the coma, those green eyes filled with tears. Now they stare back at him, unblinking and passive.

That's when Joe admits to himself, "I'm just dreaming, I'm afraid." But he will not stop trying to reach her.

Medication stopped

Last January the new medical director of Morris View, James Wolf, stopped medicating Karen with the tranquilizer Valium, and Dilantin, an anti-convulsant commonly used to control epileptic seizures. Julia says, "Dr. Wolf told us these drugs weren't helping Karen—and of course, we knew that was true. All along, she was getting those medications so that we, and the nurses, wouldn't be upset by seeing her so agitated. At first, when she went off the Dilantin, her startle reactions were tremendous; if you just touched the bed lightly, she would shake. But she's settled down a lot, and I'm very pleased. We think she's more alert than she was."

At the end of her daily visit, Julia turns on the radio beside her daughter's bed, "because it's important Karen not be left just lying there in silence," and drives home to her other life. It consists of caring for her family, taking night courses twice a week at a county college, and most absorbing of all the Quinlans' activities, attending to what Julia calls "a dream become a reality"—a hospice-type program to give aid and support to patients and families who, like the Quin-

(continued on page 97)

NEW POWER

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Want a tough stain out? Shout it out!

Shout

Karen Ann Quinlan

continued from page 92

...s, face the trauma of a terminal illness.

"We want people to have the right to ...e the remainder of their lives the way ...y want to, at home with their families, ...y from hospitals with all the machines ...control their lives, but which won't ...e them well," she explains.

The hospice movement, begun in En... and growing in the United States, ...ges to the humane principle that ...e dying should be allowed to spend ...ir final days surrounded by family and ...ends, made as comfortable as possible ...th pain-killing medicines, and sup...rted by professionals and volunteers ...pecially trained to aid both the patient ...d family.

Funds to start hospice

Three years ago the Quinlans put aside ...oney from a book and TV-movie about ...eir precedent-setting fight for Karen's ...ight to die with dignity." They spent all ...eir spare time researching, visiting ...spices, talking to doctors, clergy and ...rses. Finally, this spring, with their ...wn "seed fund" of $50,000, they ...unched the nonprofit "Karen Ann ...uinlan Center of Hope."

"It is not the right to die we are fight...g for now," Julia says, "but the right to ...e to the fullest until death comes. A ...rminal patient and his family should ...ave the right to refuse treatment, to go ...me and be with loved ones." That is ...hen professionals and caring volunteers ...specially trained in the needs of the ...ying move in and help the patient and ...mily cope. Julia Quinlan was among the ...st graduating class of volunteers at the ...iverside Hospice in New Jersey, in early ...978.

"It was a beautiful experience, and I ...und that most of the dying people gave ...ore to me than I gave to them. There is ...grateful acceptance of life that those of ...s who are not ill cannot feel. In the ...ospice program, you learn to face the ...rospect of your own death."

As a hospice volunteer, Julia spends ...hree hours each weekend at the home of ...patient. "Right now, I'm reading to a ...an named John, while his wife goes ...hopping and attends Mass. He has can...er and is no longer able to speak, but he ...an still hear, and he loves poetry. I hold ...is hand when I read to him, and know ...e's responding."

Joe adds gently, "We didn't know the ...ord 'hospice' when Karen was in the ...ospital, but we did learn what it means ...hen you're diagnosed to be terminally ...ll. Professional people can't cope with ...erminal illness. In this society, death is ...onsidered a failure. So the medical au...horities wouldn't take Karen off the ...respirator. They put her in a corner and ...drew the curtains. That was a way of ...sweeping death under the rug."

He pauses. "So you see, Karen's the heart of it. What happened to my daughter started changing things . . ."

There are still elements of uncertainty about what happened to Karen on the night of April 15, 1975. She had been on a severe crash diet for at least two days before a party, at which she drank an undetermined amount of gin and tonics. In the words of those who were with her, she suddenly "nodded out." Tests showed that along with the alcohol, Karen had taken a "therapeutic dose" of a tranquilizer, but no other drugs.

Later, the American Medical Association would warn that Valium and liquor is the most dangerous combination of drugs commonly consumed by the American people. Depending on metabolic variables, many die. Others survive and function. Karen, at age 21, slid into a twilight world between life and death.

At first it appeared that the athletic, pretty young woman was trying to fight her way out of the coma. Julia remembers one night when she was holding her daughter's hand and, "I squeezed it hard, and felt a slight pressure in return. I squeezed again and said, 'Karen, do you hear me?' She never gave another sign, but I'll always feel she knew I was there."

A week after the onset of the coma, Karen's sister, Mary Ellen, then 19, was stroking Karen's forehead. "Suddenly," Mary Ellen says, "she opened her eyes, and blinked once and looked right at me. I was sure she recognized me."

That was the last sign of cognizance. On May 25, 1975, Joe remembers Dr. Robert E. Morse, a neurologist, telling him that Karen's coma had changed: "He said that she had tried to come out, but didn't make it, and now she was in deeper and this was a different condition altogether. He said she was comatose on a different plateau."

Two months later, convinced by doctors that Karen's condition would never improve, the Quinlans began their fight to have their daughter's life-supporting machines turned off and to let nature take its course. The lower court's decision against the Quinlans' plea was overruled by the New Jersey Supreme Court, which declared that the State had no interest in keeping Karen Quinlan alive by artificial means, since her doctors had testified that she would not regain consciousness. It was a precedent-making decision. Karen was "weaned" gradually from the machines, which, everyone thought, were keeping her alive.

Although medical authorities believe there can be no conscious "will to live," Karen did not die. Removed from all medication, she subsequently fought off fevers and infections, including severe pneumonia. It seemed impossible that one so debilitated and immobilized could continue living. Yet an expert on Vegil Coma, Dr. Julius Korein of New York's Bellevue Hospital, recently revealed that a patient in a condition "not unlike Miss Quinlan's" lived for 17 years.

Shortly after the respirator was removed, an almost mystical note of prescience appeared. Mary Ellen Quinlan found a poem that Karen had carefully written, folded and tucked in the back of a bureau drawer. Dated January 7, 1975 and signed "Karen," it read:

> the constant struggle with submission
> is so tiring
> this so-called strength I've gained
> is just another heavy load.
> I wish to curl myself into a Fetal rose
> and rest in the eternal womb awhile.

Did Karen have a premonition of what was to happen? No one knows, but "she did have a sixth sense," her mother admits; "we used to tease her about it."

A new home

Karen had lain comatose for 13 months at St. Clare's Hospital when it became necessary to find a new home for her. It was during this frantic search for a haven that the Quinlans first read about the hospice movement. "At the time, when we were being turned away from every place in New Jersey," Joe remembers, "we were overwhelmed by the hospice concept of loving care for the dying. Unfortunately, this beautiful program did not exist near us." Still, the hospice idea stayed in the back of the Quinlans' minds.

Finally, in the summer of 1976, the Morris View Nursing Home reversed its policy of not taking coma patients and agreed to accept Karen.

As his daughter's condition remained unchanged, Joe Quinlan often asked himself, "What could God be using Karen for now? You would think that her suffering would be over, and it is still going on." After days of self-searching, he drew his own comforting conclusions: "You can't question God's motives. But [after Karen's well-publicized court case] people are discussing death more openly now. As a consequence, many are able to view it as less frightening than they did before. Maybe those are the reasons God's keeping her alive."

And the logical extension of Joe Quinlan's reasoning was a hospice.

This March, shortly before Karen's 26th birthday Mass—an annual celebration observed at her bedside—the "Karen Ann Quinlan Center of Hope" came into being. It is 24-hour-a-day humanitarian support system, by those and to those who realize at last, Julia says, "that dying should not be a time of loneliness or pain or fear. Because death is a normal, natural part of life."

Joe Quinlan, who knows that God produces miracles even when medicine fails, adds quietly, "The reason we called it the Center of Hope is that there always is hope, isn't there?" **End**

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Sonja Bjerg

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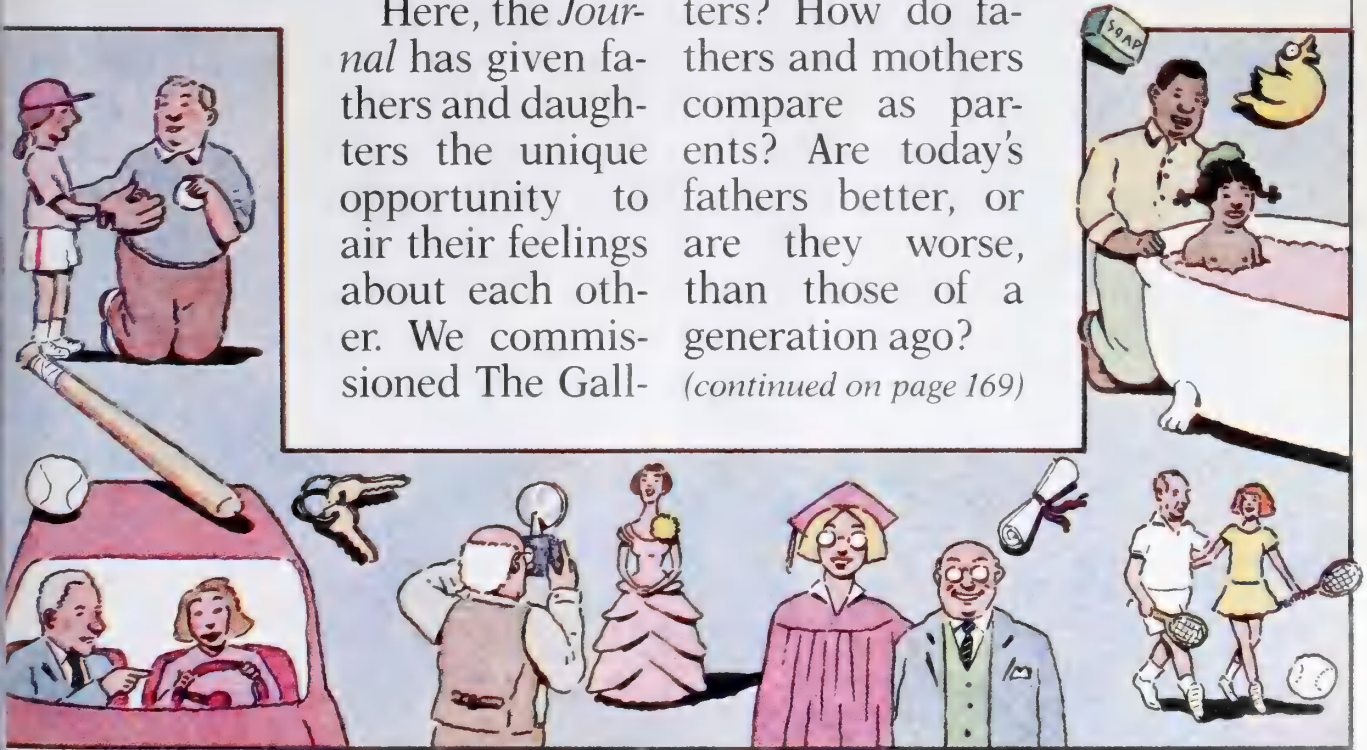
Do American men fail their daughters? An Exclusive LHJ/Gallup Survey

By Bernice Hunt and Morton Hunt

He was the first man in your life, and probably the most influential. Yet, if you're like most women, you've never fully analyzed your relationship with your father. Until now, no one has given the father-daughter bond the attention it deserves, although the relationship between mothers and daughters has been under rather intense and sometimes even painful scrutiny in recent years.

Here, the *Journal* has given fathers and daughters the unique opportunity to air their feelings about each other. We commissioned The Gallup Organization, the country's foremost public opinion research firm, to conduct a nationwide survey of a representative group of American fathers and daughters. We asked them to determine, among other things: Do fathers think they did a good job as parents? Do their daughters agree? How supportive, caring and loving are fathers? In what ways, if any, have fathers failed their daughters? How do fathers and mothers compare as parents? Are today's fathers better, or are they worse, than those of a generation ago?

(continued on page 169)



What's a Nice Girl Like Me Doing?

Doing what? Being a mother, treading the daily domestic treadmill. But would she ever really trade? A heartwarming short story by Margaret Chittenden.

I finally located Randy's swimsuit under his bed. Naturally, I banged my head on the bed-frame; accidents are part of motherhood.

While my ears were still ringing, five-year-old Tammy's record player screeched into life in the next room, playing "I'm a little teapot," for the fourteenth time.

I poked the swimsuit into Randy's duffel bag and consulted the list on his bulletin board. How could one ten-year-old boy require so many things for a weekend camp-out?

Pondering the list, it was a moment before I noticed the new racket. It sounded as though the entire brass section of a city band was holding a practice session in my living room.

I sprinted along the hall, waving away my husband Bob, who was bounding up the stairs from the basement. "I'll handle it," I yelled.

In the living room, the television set was going full blast, with seven-year-old Kristen squatted in front of it, eyes fixed on the screen.

Behind her, Randy played "Row, row, row your boat" on his trumpet, his cheeks swollen in his efforts to drown out Sesame Street.

I don't often scream, but when I do, I'm impressive.

Kristen flung herself at the television switch and burst into tears. Randy removed the trumpet from his mouth. "You told me to practice more," he said virtuously.

"And you said it was my turn to choose a program," Kristen wailed. "I can't watch TV later. I'll be at Mary's slumber party."

I stared at her helplessly. "Tonight? I thought that was next week."

Kristen's sobs increased in volume. "You said I could go."

"Okay, okay." I ran a distracted hand through my already wild hair. "In that case, you don't have time for TV. You have to take a bath."

Kristen stormed from the room. "I never get to do what I like. Never, never." Her voice echoed along the hall.

I sighed and gazed at my son, hopefully. "Hey, how about a half-hour's peace?"

Randy shrugged. "Okay. I have to work on my social studies project anyway."

"What project? You must be ready to leave for camp in two hours."

"Well, I have to get this in on Monday." He pulled a paper from his trumpet case and frowned at it. "What

(continued on page 139)

Illustration by Deborah A. Wilkinson


Sometimes she dreamed of herself
as a female Albert Schweitzer,
living in the deep green jungle,
helping humanity


CANDY ST
Gumball brights to sweeten your style
Yummy! Fresh fruit accents

E COLORS

This summer, accessory counters will be as tempting as a candy store. You'll find a delicious array of colors to brighten up your look, your mood. Irresistible! For information, turn to page 176.

By Trudy Owett, Fashion Editor.



Bold candy stripes for shoes, bangles



Lollipop flavors to wrap waist

Tangy lemon to tote

Photographs by Henry Wolf


CANDY ST
Pins
and hair pics in
penny-candy hues
Candy-box
bag, ropes of
marshmallow
pearls
Mmmm
butterscotch
pumps

E COLORS



More goody-goody gumdrop colors. Strong and clear accents to give your clothes a lighthearted lift, a new charge of excitement. For more information, see page 176.



Mouth-watering goodies. Take your pick!



Fresh spearmint for a summer straw



Everyone (including kitty) loves the crisp look of checkerboard squares for a place mat and hot pad.

Quilt Craft: Quick, Easy, Fun

Be an artist, be a designer—let your imagination soar. Take any piece of fa (plain or print) and paint on one or m of our patterns. Choose a cheerful litt cat, folk-art bird, blossoms or squares Next, pad with batting and stitch around the painted shapes (or follow the fabric design) for quilted depth. Here we show a place mat, hot pad, w hanging and pillows. All designs by Millie Hines. Patterns and how-to's on page 179. Below, from left: •Bird and buds on lighthearted polka dots. •Graphic squares in muted colors on muslin. •Swirled fabric, a woodsy setting for painted tabby cat, flowers. By Ann B. Bradley, Crafts Editor.



Photograph by Michel Tcherevkoff



Craft basics: cat pattern, acrylic fabric paints, quilt batting. Floral print with peek-a-boo cats becomes a charming wall hanging (22" x 32").

Starting Small

the house that grew...and grew



Proud owner Joyce Eddy, in front of the spacious structure built around her small modular home.

no would ever believe this sprawling country house
d such humble beginnings? The side wing is all that
nains of Joyce Eddy's former abode—a typical box-
aped (1,000 sq. ft.) modular home. The transforma-
n took place in direct proportion to the growth of her
all but steady business. It's a true American success
ry. In 1967, Mrs. Eddy started Habersham Plantation,
rafts shop run out of an empty laundry building in
e Blue Ridge mountains of Georgia. For additional
ck, her brother built furniture from old designs; she
l the staining and finishing. These reproduction
ces, lovingly made, sold well. Next, Joyce turned her
ined eye on another type of reproduction: copying a
use she'd once admired in Old Deerfield Village, a
storic preservation in Massachusetts. Together with
al carpenters and a designer, they constructed the new, larger home, over and around the existing structure. Because of the way a modular home is built (exterior shell goes up first, stands on its own; non-bearing interior walls are added), it was possible to break out the original walls and re-plan rooms to fit different needs. As a money-saver, Mrs. Eddy served as her own contractor; plus she relied on the same mountain craftspeople she employs in her furniture business. Result: instead of having to purchase such inflated items as the classic door and window moldings, they were expertly carved out of wood at hand. By Elizabeth Gaynor, Home Editor.

Glowing copper and antique bricks give this kitchen its welcoming appearance. The use of country pine furniture rather than modern cabinets adds to the homey look. Dark beams and primitive straw baskets lend a textural interest.



The living room—with its delicate moldings, arched niches and painted woodwork—has a formal feeling, but soft colors and sunny windows add warmth to the traditional styling.

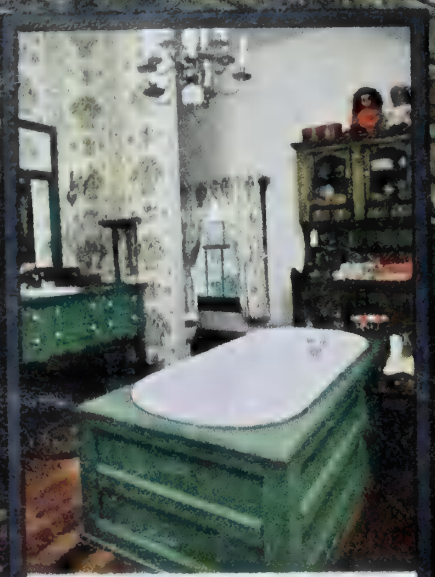
Photographs by Harry Hartman

Dressing a newly built home with warm touches of the past.

In the South, new materials are often more expensive than old finds. Luckily, Joyce Eddy uncovered a nearby supply of wonderfully worn, burnished bricks and sturdy old beams to recapture the look of America's colonial past. Flooring throughout the expanded house was made from common pine shelving rather than the more costly hardwood. Overall, the rooms are



Right: The four-poster bed, with its deep crocheted canopy, stenciled coverlet and flounced patchwork skirt, sets a cozy country tone for the master bedroom.



Roomy and unconventional, the bathroom has its tub centered; a sideboard sink; hutch for linens.

spacious, providing a tranquil environment to come home to, a comfortable place to live, entertain and show off the mix of collected antiques and her own company's reproductions. Below: the den's vast hearth has built-in alcoves for storing wood and fireplace accessories. Darkly stained bookcases line the other three walls, going around the window frames, giving the room a cozy library feeling. Simple bordered curtains cover the windows. A variety of textures—flame-stitch sofa, gleaming golden leather wing chair, braided oval rug and painted ceiling—pulls together the snug mood Joyce Eddy wanted for this well-lived-in room.



Right: The dining room, carved out of the original modular house, has lovely botanical print wallpaper, muted green woodwork a surprise of cherry red chair covers.



Perfect haircut for a busy summer–it can glide from tennis court to dance floor with the greatest of ease. *This page:* Fancy-free, the softer, curlier version of the basic straight cut (at right)–for times when you want a touch of pizzazz. Set hair, slightly damp, in large sections. To avoid a "ridge," use sponge rollers or wrap with a trio of pipe cleaners twisted together. Dry, briskly brush out; fluff with fingers. Do-the-town makeup: Velvety Creme-On Duo eyeshadow in "Wild Amber/Batik Brown"; "Bikini Blush" Blushing Creme; Super Luscious lipstick in "Calypso Red." All, Ultima II. *Right:* Precision cut, basic and straightforward with sex appeal. Asymmetric part, gently blown und one side's tucked flirtatiously behind the ear.

QUICK CHANGES: NEW SUMMER HAIRSTYLES

Sign of a good haircut is its versatility: to be able to switch from sporty to dressy. Here are six terrific cuts (15 styles), to take you through summer with unlimited charm. By Maureen Lynch, Health and Beauty Editor.

It's snappy, it's sassy. Tousled and natural for running around all day; sleeker, more sophisticated for the office or evening. Best for medium-to-heavy hair; possible for fine-thin hair with body perm.

asy does it! Layered cut th short sides and the ewness of more length front and back. Just ght for someone with a ace of natural wave or ght perm. When damp, ramble center with igers for ruffled curls id volume. Comb sides o and back, follow- g line of cheekbone. hen dry, stroke and pat ape and sides with nd for a smoother line, heater look.









Left: Sport-proof and neat, this twist on a classic starts with a part across the top of the head, from ear to ear. Front half of one side gets rolled up towards the crown, secured with a bobby pin. Same for the other side. Rest of hair is pulled back into a simple ponytail (or knotted), held with a coated rubber band and covered with a bright, tight ribbon.

otographs by Jim Houghton. Hairstyles by Graham Wren and Avram, Vidal Sassoon Salon, New York. Makeup by Jac Colello. For fashion information, see shopping center on page 146.

For a positively beautiful summer: the newest, easy-going hairstyles and cleaner, clearer makeup colors. Find your favorites.

Why wear your hair the same way–day in and day out? Here are three quick-change ideas for one shoulder-length cut with extra-long bangs (to brush aside, dip or curl). Works best on thick or slightly wavy hair.

Unbeatable softness–a long bob, cut to one length but angled slightly toward the front. To blow-dry, lean over from the waist and brush hair from the underside up, starting from the nape (gives hair more volume). Stand erect, then gently "mold" the ends under with a curved brush. Sweep the bangs and sides casually away from an off-center part–to frame the face charmingly without endless fussing.



Reminiscent of a 40s glamour girl–but updated. Our day-into-evening version features a full "pageboy" roll. Use a large diameter (1-1½") curling iron or hot rollers to turn ends under. This style is easy to duplicate on one-length hair, taking small sections, letting hair cool before brushing. Then, carefully lift hair over ears, fasten in place with barrettes or combs; brush bangs into side dip.



Knockout evening look: froth of upswept curls, heading back to a high, fat French twist. Set front in medium-sized pincurls or on tiny rollers; brush up for height. Take rest of hair, turn firmly around your hand (vertically); secure with bobby pins. Essence-of-summer makeup: "Goldspun Smoke" Cremepowder Eyecouleur; "Muscade" Powder Blush; "Sultana" Maquiglacé Lipcolour. All by Lancôme.





Lush and sexy for dramatic evenings. Upswept hair, brushed high on the head–a trend to watch (basic cut, right). It comes from the cut and curl, not from the terrible, harsh teasing of the 60s. First dampen hair, spray on styling lotion. Then comb back and push forward with fingers; use old-time, long, metal clips to hold in deep waves and let dry. A simple comb-out creates this elegant, off-the-face style.



Go for the boldness of an all over layered cut. With wash-and-wear ease, it's good for naturally curly or permed hair.

ne bouncy gamine look, a basic cut atwirl with swirls. Comb *once* when wet to untangle, then tousle with fingertips. When dry, finger-comb, ll front forward. Makeup-with-dash: "Highlight Beige" moisturized eyeshadow; "Blushing Rose" brush-on blush; "Roses Are Red" oisturized lipstick. All by Cover Girl.



Classic bob with the surprise of asymmetric bangs. A winner for most straight-hair types; a boon for fine-thin hair.

Sweetly offbeat for day, a cut that's simple in line yet interesting to the eye. Here, the hair is quickly set on hot rollers in very large sections (3") for extra volume. This style puffs out from a high side part; slanted bangs are combed to the side. Mood-making makeup; "Orchid" powder eyeshadow; "Pure Pinkberry" powder blush and creme lipstick. All Almay. Right: A fine romance, recalling the fabulous era of the silent-film stars. Hair is loosely blown dry with waves on one side only. Can be spot permed, finger-waved or held with the old-fashioned wave clips (check your 5&10). This style has no hard edges, all corners are rounded. Very flattering.



Photograph by André Gillardin



Heart-throbber, a nutty cutout



Bite of banana-oatmeal



Honey-bunny--peanuts on whole wheat

Jolt-of-energy shake



Hooray! Confetti stuffed celery

SNACKS

Munchy Goodies Your Kids Can Make

Truth is: kids love to snack. After school, all weekend long. Be smart by banishing the bad guys and stocking up on wholesome basics. Let your family have the fun of digging in and making (left) such quick-to-fix yummies as energy-packed apples or crunchy bananas-on-sticks. Any extras can be saved for lunchboxes. Here are 28 snacking ideas (Mommy and Daddy will love them too) that are pure-and-simply great for kids. Recipes, including such gobble-uppers as cheese-y popcorn, yogurt sundaes and more, page 131.
By Sue B. Huffman, Food Editor.



Flake-and-bake: crispy banana

Photographs by Onofrio Paccione

Strawberries Strawberries Strawberries





The sweetest treats of early summer—a gathering of berry temptations. Indulge!

Everyone's idea of heaven—strawberry season's here. The luscious berries, rosy and ripe, are now aburst with glorious flavor. Enjoy their heightened pleasures with our seven delectable recipes, including a tangy ice, fruit-scented liqueur and fast breakfast shake. Clockwise from top left: • Strawberry Mousse, a sensual experience in fragile pink. • Strawberries-and-Cream Cake, elegant layers of moist orange cake, swirled with whipped cream. • Old-fashioned berries, a romantic tradition with sugar, thick cream. • Strawberry Meringues, fancy buttercream confections for a festive occasion. All recipes, page 126.

By Elizabeth Schneider Colchie.

Photograph by Irwin Horowitz

Strawberries
continued

STRAWBERRY MOUSSE
pictured on page 124

A meltingly soft, pale pink dessert, deserving the name mousse ("foam" in French). Serve chilled.

3 teaspoons unflavored gelatin (about 1½ envelopes)
⅔ cup sugar
¾ cup cold water
1 pint strawberries, washed and hulled (reserve 6 small pretty ones with leaves to decorate top of mousse, if desired)
3 to 6 drops red food coloring (use the smaller amount if the berries are red-ripe throughout; the larger amount if centers are pale)
1 teaspoon vanilla extract
¼ cup kirsch
4 egg whites
¼ teaspoon salt
1 cup heavy or whipping cream, chilled

In medium saucepan combine gelatin and sugar; add water. Stir, over low heat, until gelatin is completely dissolved; set aside.

Purée berries in a food processor or blender. Add to the gelatin with the food coloring, vanilla and kirsch. Then press through a fine sieve or cheesecloth to remove seeds.

Pour into a large bowl and refrigerate until the mixture begins to thicken slightly, about 1 to 1½ hours (or stir the mixture over ice until it begins to thicken). Stir gelatin several times as it chills, scraping down the sides of the bowl. Meanwhile, fold a piece of waxed paper into thirds, long enough to fit around edge of a 4-cup soufflé dish. Secure with tape; set aside.

Beat egg whites and salt in the large bowl of an electric mixer until they form soft mounds. (Do *not* whip until stiff.) Thoroughly fold half the whites into the chilled gelatin, blending well with rubber spatula. Gently fold in remaining egg whites and cream. Spoon into prepared soufflé dish. Chill for 4 hours or longer. To serve, top with reserved berries, if desired. Makes 6 to 8 servings, about 280 calories per 6, about 210 calories per 8.



STRAWBERRIES-AND-CREAM CAKE
pictured on page 125

Thin layers of orange cake softened with crushed berries and a sour-sweet cream filling. A pretty cake for special occasions.

Cake
1 large orange
2 cups unsifted cake flour
2 teaspoons double-acting baking powder
4 egg whites, at room temperature
¼ teaspoon salt
1 cup sugar
½ cup unsalted butter, at room temperature
2 egg yolks
1 teaspoon vanilla extract
⅓ cup milk
Frosting-Filling
2 pints strawberries, washed and hulled (reserve some for garnish if desired)
2 to 4 tablespoons granulated sugar, to taste
2 cups heavy or whipping cream, chilled
½ cup sour cream, chilled
1 teaspoon vanilla extract
⅓ cup confectioners' sugar

Grease two round 8-inch cake pans; line with waxed or parchment paper. Sprinkle a little flour into each pan, tap to coat sides, then discard excess. Preheat oven to 350°F.

Grate enough orange peel to make 2 teaspoons and place in a measuring cup. Squeeze enough juice from the orange to yield ⅓ cup. (Add water if necessary.) Combine flour and baking powder in a medium bowl. In the small bowl of an electric mixer beat egg whites and salt until soft peaks form. On high speed add ¼ cup sugar, 1 tablespoon at a time. Beat just until stiff peaks form. Set aside.

In a large mixer bowl beat butter until light. Add remaining ¾ cup sugar and beat until fluffy. Beat in egg yolks and vanilla. With the mixer set on its lowest speed, add ⅓ of the flour mixture and blend to incorporate; add the juice and another ⅓ of the flour mixture, then the milk. Finally blend in remaining flour. Blend in ¼ of the egg white mixture. Remove from mixer bowl and gently fold in remaining egg whites, using rubber spatula.

Pour batter into prepared pans. Bake on center rack of the oven for 25 to 30 minutes until toothpick inserted in center comes out clean. Cakes will be light in color. Set on a rack for 5 minutes. Invert on rack, peel off paper and let cool completely. Either fill cakes shortly thereafter or wrap in plastic wrap and refrigerate for up to 3 days.

To make filling: Finely chop berries. Add sugar and stir; taste and add more sugar as needed. Let stand 30 to 40 minutes. Carefully split each cake layer horizontally in half. In a medium chilled bowl combine cream, sour cream, vanilla and confectioners' sugar. Beat until the cream softly mounds.

To assemble, place cake layer cut-side up on plate and spread with ⅓ of the berries; top with ¼-inch layer of cream. Top with a cake layer, cut-side down. Spread with another ⅓ of berries and ¼-inch layer of cream. Top with another cake layer, cut-side up. Spread remaining berries and another cream layer. Add last cake layer cut-side down; pour remaining cream on top. Gently smooth cream over sides and top of cake with a rubber or metal spatula. Chill for at least 4 hours before serving. Makes 10 to 12 servings, about 520 calories per 10, about 435 per 12. *(continued)*



"Remember this, my son: If you can't afford to heat a castle in the winter, you can't afford a castle."

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BISCO, INC. 1980



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m... so delicious!

On the left, a plain chocolate cream pie. On the right, a luscious Chocolate Dream Pie. It's made with Dream Whip® Whipped Topping Mix, extra Jell-O® Brand Instant Pudding, and milk. That makes the creamy light difference.

Dream Pie is easy to make because you use Jell-O Instant Pudding, so there's nothing to cook. And best of all, you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn your plain cream pies into higher, lighter, creamy Dream Pies.

GF GENERAL FOODS

Strawberries

continued

STRAWBERRY MERINGUES
pictured on page 124

Silken, glossy buttercream sandwiched between shiny meringue "cookies" produces an unusual, rich sweet. Make meringues when time permits; they'll last for weeks, packed airtight. The strawberry buttercream will keep for a few days in the refrigerator, if you care to make it ahead. Assemble about an hour before serving.

Meringues
- 4 egg whites
- Pinch salt
- ¼ teaspoon cream of tartar
- 1¼ cups confectioners' sugar

Buttercream
- 2 pints strawberries, washed, hulled and sliced
- ¼ cup light corn syrup
- ⅓ cup sugar
- 2 egg yolks
- 1¾ sticks (14 tablespoons) unsalted butter, cut into about 14 pieces
- 2 teaspoons vanilla extract
- 4 drops red food coloring

Meringues: Preheat oven to 225°F. Grease and flour two cookie sheets or cover them with parchment. Draw 24 two-inch circles on each sheet.

In medium bowl of an electric mixer beat whites until foamy; add salt and cream of tartar; beat to form soft peaks. With mixer on high speed, add confectioners' sugar gradually, about 3 tablespoons at a time, beating for about 1 minute after each addition. Fill a pastry tube fitted with a plain ½-inch tip with ⅔ of the meringue. Piping from the outside rim to the center, spiraling inward, form 24 circles, each about ¼ inch thick, on one sheet. Replace plain tube with a star tube and fill bag with remaining meringue.

On other cookie sheet, form rings by piping rosettes of meringues around edge of circles (be sure each rosette touches the ones next to it). Bake meringues for an hour, switching position of cookie sheets once during baking. Turn off the heat and leave meringues in oven for one hour longer. Cool briefly, then gently remove meringues from sheets; store in airtight container.

Strawberry buttercream: In a food processor or blender purée ½ pint berries; reserve remaining berries. Press purée through a fine sieve to remove seeds. Combine corn syrup and sugar in a small saucepan and cook over moderate heat until it begins to boil. Meanwhile, in small bowl of an electric mixer beat yolks until light. With the mixer on high, slowly pour hot syrup over yolks. Continue beating at high speed until the mixture cools, about 7 minutes. With mixer on medium speed, add pieces of butter, one at a time, incorporating each piece before adding the next. Add strawberry purée slowly, a tablespoon at a time. Add vanilla and coloring and beat well to blend. Spoon into pastry bag. Chill for 30 minutes or longer. If cream is hard, let it soften slightly before piping.

To assemble: Using a star tube, pipe cream to cover each meringue circle liberally. Top with a meringue ring. Place a whole berry on top of each to serve. Makes 24 confections, about 120 calories each.

STRAWBERRY-RASPBERRY LIQUEUR

Serve this fruit-scented liqueur for cocktails, after dinner or try splashing a bit into iced white wine or vodka for a unusual aperitif.

- 1 pint strawberries
- ½ pint (1 cup) raspberries (fresh or loose pack frozen), crushed
- 2 cups good quality vodka
- 1 vanilla bean, cut up into small bits
- 1 cinnamon stick, broken into small bits
- ¼ teaspoon peppercorns, slightly cracked
- ¼ to ⅓ cup light corn syrup, to taste

Combine strawberries, raspberries, vodka, vanilla bean, cinnamon and peppercorns in a quart jar with a tight-fitting cover. Shake vigorously and let stand for 7 days, covered. Shake the jar whenever you think of it.

Place sieve over a 4-cup measuring cup or a bowl with a spout and pour in the



Chocolate Dream Pie...as simple as a, b, c.

2 envelopes DREAM WHIP® Whipped Topping Mix
2¾ cups cold milk
2 packages (4-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding or any other flavor
1 9-inch prepared pie crust
1 teaspoon vanilla

a. Prepare whipped topping mix as directed on package (using 1 cup milk and 1 teaspoon vanilla) in large mixing bowl. Add remaining 1¾ cups milk and pudding mix.

b. Whip, then beat at high speed for 2 minutes, scraping bowl occasionally.

c. Spoon into pie shell. Chill at least 4 hours.



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queur to strain. With the back of a oon press down firmly on the fruit to tract as much juice as possible. Discard e fruit. Rinse out the sieve and line ith 3 or 4 layers of cheesecloth. Strain e liqueur through this. Stir in corn rup until dissolved. Pour into a pint jar r one just large enough to hold it), cap ghtly and store for months in refrigera- r. Makes about 2½ cups, about 110 calo- es per 1½ oz.

STRAWBERRY THICK SHAKE

u'll find this simple-to-make, rich shake energizing breakfast or afternoon ack. Keep over-ripened bananas handy the freezer, peeled and plastic-wrap- d, for spontaneous shakes.

eaping cup fresh strawberries, washed and hulled
very ripe banana, peeled, frozen solid and cut into chunks
cup instant nonfat dry milk powder
teaspoon cinnamon
ce cubes
ablespoons honey
gg
ablespoon lemon juice
cup milk

mbine all ingredients in blender con- ner. Cover and blend to the texture at suits your taste; the longer you end, the less fluffy-thick and ice-cold e drink becomes. Serve immediately. akes 2 servings, about 250 calories ch.

STRAWBERRY WATER ICE

Cooling, sweet-tart water ice—is refreshing and easy to make. Serve with crisp, thin cookies for an old-fashioned dessert.

2 pints strawberries, hulled and sliced
1 cup sugar
¾ cup fresh lime juice
½ cup fresh orange juice
1¼ cups water

Combine berries, sugar, lime and orange juices and let stand for about 2 hours, stirring occasionally. Stir in water. Purée in two batches, using a food processor or blender. Strain through a fine sieve to remove seeds. Stir purée and pour into two metal 8- or 9-inch square pans; freeze. When mixture has frozen around the edges (about 45 minutes to 1 hour), scrape into a bowl and beat with a whisk or beater to break up crystals. Do not allow mixture to liquefy. Return to pans and freeze again until almost set. Beat again. Freeze until solid, about 1 to 2 hours. Then beat with an electric mixer until fluffy and snowy. Scoop into a quart container, cover tightly and freeze until serving time, preferably at least 6 hours. Makes about 1½ quarts or about 8 to 10 servings, about 140 calories per 8, 115 calories per 10.

PINEAPPLE IN THE SHELL WITH FRESH STRAWBERRY SAUCE

For a fresh finale to a rich meal, try this fancy presentation of two beautiful fruits, enhanced by the perfume of dessert liqueurs.

1 large, ripe pineapple
2 tablespoons honey, or to taste
3 to 4 tablespoons kirsch, or to taste
2 pints strawberries, washed and hulled
¼ cup strawberry liqueur, orange liqueur or creme de cassis
2 to 3 tablespoons sugar, as needed
⅛ teaspoon vanilla extract
Fresh mint leaves, for garnish

Using a very sharp, heavy knife, cut pineapple and leaves lengthwise through the center. Using a grapefruit knife, cut all around the edge of each half, leaving a ¼-inch shell. Be careful not to cut through shell. Make a v-cut along the center of the fruit and remove the tough core on both halves. Remove the fruit; invert shell to drain. Cut pineapple into cubes and toss in a bowl with honey and kirsch. Cover bowl and refrigerate for two hours or longer. Wrap pineapple shells and refrigerate.

In a food processor or blender purée 1½ pints of berries (reserve remaining) with the liqueur, sugar and vanilla. Press through a fine sieve to remove seeds. Taste purée and adjust liqueur and sugar, if needed. Cover and chill until served.

When you're ready to serve, divide pineapple between the two shells. Garnish with remaining whole berries and mint leaves. Serve with sauce. Makes 6 servings, about 180 calories each. **End**



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Bounce Fabric Softener. It softens as it controls static cling.

You'll be glad White-Westinghouse packs Bounce inside every new dryer!



Bounce has agreed with White-Westinghouse to supply Bounce samples packed by them and to feature their dryers in Bounce advertising.

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Snacks

continued from page 123

WHOLE WHEAT CUT-OUTS
pictured on page 122

Preheat oven to 250°F. Select a cookie cutter no larger than a slice of bread. Using thin, whole wheat bread, make one cut-out per slice and place on cookie sheet. Bake in oven for 15 minutes until cut-outs are crisp. Meanwhile, over medium heat, heat honey until it is thinner and easy to stir. Remove from heat. With a brush spread each cut-out with honey, then sprinkle with chopped peanuts.

BANANA OATMEAL COOKIES
pictured on page 122

Preheat oven to 350°F. In large bowl mash 3 bananas. Add ⅓ cup salad oil, 2 cups quick-cooking, uncooked oats, 1½ cups chopped dates, ½ cup chopped walnuts, 1 teaspoon vanilla extract and ¾ teaspoon salt. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake 20 to 25 minutes. Remove to wire rack to cool. Makes about 30.

QUICK ENERGY SHAKE
pictured on page 122

Pour ½ cup orange juice, ½ cup milk, 1 teaspoon honey and 1 egg into container of electric blender. Cover and blend until foamy. Serve immediately. Makes 1 serving.

CONFETTI STUFFED CELERY
pictured on page 122

Peel and chop 1 carrot. Chop half a green pepper. In medium bowl combine carrot and pepper with ¾ cup cottage cheese. Fill 4 long ribs of celery. Cut each into pieces about 3 inches long.

STUFFING FOR APPLES AND PRUNES
pictured on page 122

In medium bowl combine ½ cup peanut butter, ¼ cup crisp rice cereal and 1 carrot, grated.

Apples: Slice ½-inch piece from top of apple. With melon baller scoop out core; fill cavity with peanut butter mixture.

Prunes: Enlarge hole in pitted prunes with a blunt-ended knife; fill cavities with peanut butter mixture.

BAKED BANANA ON A STICK
pictured on page 122

Preheat oven to 375°F. Peel 4 bananas, then cut in half crosswise. Crack egg into pie plate; add 2 tablespoons orange juice and beat with a fork. Put 2 cups corn flakes in a plastic bag and squeeze to crush. Dip and roll each banana half first in the egg, then shake in the bag to coat with flakes. Insert a stick in each flat end, place on cookie sheet and bake for 10 minutes. Let cool on sheet 10 minutes before eating. Makes 8.

PINEAPPLE COCONUT TIDBITS

Cut fresh pineapple into 1-inch squares. Dip first in honey, then in shredded coconut.

POPCORN 'N NOODLES

In a small skillet melt ¼ cup butter or margarine. Add ½ cup chow mein noodles and cook for 2 minutes, stirring several times. Pour over 2 quarts freshly popped popcorn. Sprinkle with ½ teaspoon salt. Toss well.

CHEESE POPCORN

In a small saucepan melt ½ cup butter or margarine. Pour over 2 quarts freshly popped popcorn. Quickly sprinkle with ¼ cup grated Parmesan cheese and ¼ to ½ teaspoon salt. Toss well.

CHEESE NIBBLES ON A STICK

Cut a piece of cheese into 1-inch cubes. Push a pretzel stick into each cube.

NUTTY BANANAS

Mix ½ cup peanut butter with 2 tablespoons milk or cream. Peel 2 bananas; cut in half crosswise. Insert a stick in each flat end. Spread banana with peanut butter mixture and roll in chopped nuts. Place on waxed paper and freeze until firm, about 2 hours.

CRUNCHY CELERY

In a medium bowl combine ¾ cup chunky peanut butter with ¼ cup wheat germ. Fill 4 long ribs of celery with mixture, then sprinkle with sunflower seeds. Cut each rib of celery into about 3-inch length pieces.

WHOLE WHEAT ROLL-UPS

Place a slice of thin, whole wheat bread on countertop. Use a rolling pin to roll out bread. Spread with 1 tablespoon peanut butter, then sprinkle with 1 tablespoon alfalfa sprouts. Using both hands, roll bread up like a jelly-roll. Slice into four pieces.

YOGURT SUNDAE

Stir ¼ teaspoon vanilla extract into 1 cup plain yogurt. Spoon into serving dishes and sprinkle each with ¼ cup 100 percent natural cereal with dates and nuts. Makes 2 servings.

BANANA-ORANGE FROZEN PUSH-UPS

Cut 2 peeled bananas into 1-inch slices. In container of electric blender combine them with 1 can (6 oz.) frozen orange juice concentrate, thawed; ½ cup instant nonfat dry milk, ½ cup water and 1 cup plain yogurt. Cover and blend until foamy. Pour into small paper cups and freeze. To eat, squeeze bottom of cup. Makes 6 servings.

YOGURT PUDDING

In medium bowl combine 1 cup plain yogurt, 1 cup applesauce and ½ teaspoon cinnamon. Serve chilled in individual glasses. Makes 4 servings.

PEANUT BUTTER BALLS

In a medium bowl combine ½ cup chunky peanut butter, ¼ cup instant nonfat dry milk, ¼ cup raisins and 2 tablespoons wheat germ. Stir with spoon until well mixed. Chill in refrigerator for about 15 minutes for easier handling. Roll into 1-inch balls. Chill again for about 10 minutes. Makes about 12.

CHEDDAR CHEESE CARROTS

Soften 1 package (10 oz.) mild Cheddar cheese to room temperature. Pull off a small amount and soften by working it in your hands. Roll into a ball. Then, rubbing palms together, taper one end to a point to form carrot shape. Sprinkle with paprika. Garnish with a sprig of parsley for carrot top. Cover and refrigerate. Makes 30 carrots.

MUFFIN AND SPROUTS

Preheat oven to 400°F. On each English muffin half, place 1 processed American cheese slice, a tomato slice and a sprinkling of alfalfa sprouts. Bake 8 to 10 minutes or until cheese melts.

ENGLISH MUFFIN PIZZA

Preheat oven to 400°F. Spread each English muffin half with 1 tablespoon tomato sauce. Sprinkle with a pinch of oregano. Cut sliced mozzarella cheese into ½-inch strips. Arrange cheese on tomato sauce to form your initials. Place on cookie sheet. Bake 8 to 10 minutes or until cheese melts.

SPARKLING FRUIT JUICE

Fill glass ¾ full with favorite juice such as orange, pineapple or apple. Add club soda or seltzer water to fill glass; add a piece of fruit if desired.

FRUIT DIP

Thaw and drain a package (10 oz.) of frozen strawberries. In blender container or food processor combine strawberries, 1 container (8 oz.) whipped cream cheese and 1 teaspoon lemon juice. Blend or process just until smooth. Serve with apple, pear and pineapple cut into bite-size pieces for dipping.

VEGETABLE DIP

In a small bowl combine ½ *(continued)*

Create some creamy lemon meringue magic.

The easy, foolproof way

Imagine...a cool and creamy lemon meringue pie filling you make without cooking. Eagle® Brand Sweetened Condensed Milk gives your pie a delectable smoothness. The magic of ReaLemon® Reconstituted Lemon Juice makes your pie filling thicken without cooking. And Johnston's® ready to Fill 'n' Eat graham cracker Ready-Crust® makes it so easy to put your dessert on the table in no time. Try the simple recipe below, and create some magic of your own.



Creamy Lemon Meringue Pie
(Makes 1 pie)

- 3 eggs, separated*
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk
- ½ cup ReaLemon® Reconstituted Lemon Juice
- 1 teaspoon grated lemon rind
- 1 Johnston's® graham cracker Ready-Crust® pie crust
- ¼ teaspoon cream of tartar
- ⅓ cup sugar

*Use only Grade A clean, uncracked eggs.

Preheat oven to 350°. In medium bowl, beat egg yolks; stir in sweetened condensed milk, ReaLemon and rind. Pour into crust. In small bowl, beat egg whites with cream of tartar until foamy; gradually add sugar, beating until stiff but not dry. Spread meringue on top of pie, sealing carefully to edge of crust. Bake 15 minutes or until meringue is golden brown. Cool. Chill before serving. Refrigerate leftovers.







Johnston's

Snacks

continued

cup mayonnaise, ¼ cup ketchup, 1 tablespoon grated Parmesan cheese, 1 teaspoon sesame seed and ¼ teaspoon seasoned salt. Serve with raw vegetables. Makes about ¾ cup dip.

PEACHES 'N CREAM

Drain 5 canned peach halves. In small bowl combine ¼ cup ricotta cheese, 1 chopped peach half, 2 tablespoons whole bran cereal with wheat germ and ¼ teaspoon vanilla extract. Spoon a rounded tablespoon onto cut side of each half. Sprinkle with additional cereal or wheat germ. Serves 4.

BROWN BREAD SANDWICHES

In a small bowl combine a softened, 3 ounce package of cream cheese, 1 carrot stick, grated and 4 pitted dates, chopped. Cut canned brown bread into thin slices. Spread with cream cheese mixture; then put slices together to make sandwiches. Cut each into quarters.



RAISIN BREAD STICKS

Preheat oven to 350°F. Melt ¼ cup butter or margarine; brush on 4 slices of raisin bread. Sprinkle each slice with cinnamon. Cut each into four sticks and place on cookie sheet. Bake about 5 minutes or until crisp.

FRUIT PEOPLE

Arrange assorted pieces of fruit such as pears, apples, bananas, raisins or strawberries to make a face or whole body design. Example: Peach half face with raisin eyes, banana-slice ears and strawberry mouth.

PEANUT BAKED SNACK MIX

Preheat oven to 350°F. In small saucepan melt ¼ cup butter or margarine, 2 tablespoons peanut butter and ¼ teaspoon cinnamon. Combine 2 cups bite-size shredded wheat cereal, 2 cups oat cereal and ½ cup shelled peanuts in a 13×9 inch baking pan. Pour on butter mixture and toss. Bake 10 to 12 minutes or until crisp.

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continued from page 121

SWEET AND SOUR SURPRISE
pictured on page 120

Canned luncheon meat was never so good.

1 egg, lightly beaten
1 teaspoon water
1 can (12 oz.) luncheon meat, cubed
⅓ cup cornstarch
2 packages (10 oz. each) frozen Hawaiian vegetables
¼ cup salad oil
2 cups hot, cooked rice

In medium bowl beat egg and water. Dip meat cubes in egg, then toss in cornstarch until coated; set aside. Meanwhile, in large saucepan cook vegetables according to package directions.

Heat oil in large skillet. Add meat and cook over medium-high heat, stirring often, until crisp and brown. With slotted spoon remove meat from skillet and drain; stir into vegetables. Serve over hot, cooked rice. Makes 4 servings, about 520 calories each with rice.

TUNA DIVAN
pictured on page 121

Vermouth and Parmesan cheese add zest to this basic white sauce.

2 tablespoons butter or margarine
2 tablespoons flour
1½ cups milk
2 tablespoons dry vermouth (optional)
¼ teaspoon salt
¼ cup (2 oz.) grated Parmesan cheese
1 can (9¼ or 10 oz.) tuna, drained and chunked
¾ pound fresh asparagus, trimmed and cooked, or 1 package (10 oz.) frozen asparagus spears, cooked according to package directions and drained
2 tablespoons chopped chives, for garnish (optional)

Preheat oven to 350°F. Grease a 9-inch oval or 8-inch square baking dish; set aside.

In medium saucepan melt butter or margarine. Stir in flour until smooth and bubbly; cook for 1 minute. Slowly add milk, vermouth (if desired) and salt, stirring constantly. Cook until mixture thickens and begins to boil. Remove pan from heat and stir in cheese and tuna. Arrange asparagus spears in baking dish and spoon sauce over. Bake for 15 minutes or until heated through. Garnish with chopped chives, if desired. Makes 4 servings, about 295 calories each.

SPAGHETTI NESTS
pictured on page 121

Clever idea—fried spaghetti nests. A new vehicle for creamed dried beef.

¼ pound uncooked spaghetti (about 2 cups cooked)
Oil for deep-fat frying
1 jar (5 oz.) dried beef
Boiling water
¼ cup butter or margarine
¼ cup flour
1½ teaspoons dry mustard
½ teaspoon salt
Dash pepper
2 cups milk
1 package (3 oz.) cream cheese, cut into cubes
1 cup cooked green peas

Cook spaghetti according to package directions; drain, rinse and cool. Fill Dutch oven half full of oil. Heat over medium-high heat until oil reaches 350°F. on deep-fat thermometer. Line inside of a long-handled strainer (about inches in diameter) with ¼ of the cooked spaghetti.

Lightly press down spaghetti with second strainer or slotted spoon and immerse in hot oil. Cook until golden brown, about 4 minutes, holding the strainers the entire time, if necessary. Gently loosen "nest" from strainer; drain on paper towels. Repeat with remaining spaghetti. *(Can be made ahead to this point. Wrap and store in an airtight container, up to 24 hours. Heat in a 350° oven for 5 minutes.)*

In large saucepan cover dried beef with boiling water. Drain and tear into bite-size pieces; set aside.

In same saucepan melt butter or margarine. Blend in flour, dry mustard, salt and pepper. Gradually stir in milk. Cook over medium-high heat, stirring constantly, until mixture comes to a boil. Add cream cheese and *(continued)*

Summer Salmon.

Delicate salmon, crisp garden greens and shell macaroni stack up to make a delicious light summer meal in a bowl. Top with chilled dill dressing made creamy with KRAFT Real Mayonnaise, and this delightful salad tosses itself as you serve it.

SUMMER SALMON

- 1-1/2 cups KRAFT Real Mayonnaise
- 1/4 cup milk
- 1 tablespoon chopped onion
- 1/2 teaspoon dill weed

* * *

- 2 cups shredded lettuce
- 2 cups (7 ozs.) shell macaroni, cooked, drained
- 1/2 cup pitted ripe olive halves
- 2 cups chopped tomato
- 2 cups cucumber slices, halved
- 1 15-oz. can salmon, drained, flaked

Combine mayonnaise, milk, onion and dill; mix well. Chill.

In 3-quart bowl, layer lettuce, combined macaroni and olives, tomato, cucumber and salmon; top with 3/4 cup dressing. Garnish with dill weed, if desired. Serve with remaining dressing.
6 to 8 servings

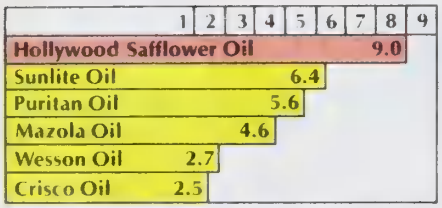
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Well, that's why we're running this ad. So you can know about Hollywood Safflower Oil. Now. Before you hear about it from your doctor.

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Yes, there are other oils with no cholesterol. But doctors also look for a high ratio between polyunsaturates and saturates before recommending a product. Why? Because, according to the American Heart Association, when we eat too many foods rich in cholesterol and saturated fats, surplus cholesterol enters the bloodstream and contributes to the buildup of cholesterol deposits on the walls of the arteries. This buildup can begin early in life.

Polyunsaturates, on the other hand, tend to lower the level of cholesterol by helping the body eliminate excess, newly-formed cholesterol. Since Hollywood Safflower Oil is higher in polyunsaturates (and lower in saturated fats) *than any other kind of oil,* naturally it is the kind of oil that doctors recommend.

We make Hollywood Safflower Oil because, like you, we care about what goes into your body. We feel you have a right to have the information necessary to make the right choice. That's why you'll see the comparison chart (above) on the back of our bottle.



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Take a Can of...

continued

blend until mixture is smooth. Stir in dried beef and peas; heat through. Serve creamed beef in nests. Makes 4 servings, about 785 calories each.

VIENNA SAUSAGE CREOLE
pictured on page 121

A Southern favorite with a convenient new twist.

2 tablespoons butter or margarine
2 small onions, cut into eighths
1 medium green pepper, cut into bite-size pieces
1 can (16 oz.) tomatoes
½ cup water
¾ teaspoon sugar
½ teaspoon salt
¼ teaspoon thyme, crushed
⅛ teaspoon cayenne pepper
1 small bay leaf
1 package (10 oz.) frozen cut okra
1 can (9 oz.) Vienna sausage, drained and cut into thirds, crosswise
4 cornbread squares, split

In a large saucepan melt butter or margarine. Add onions and green pepper; sauté over medium-high heat for 5 minutes, stirring occasionally. Stir in tomatoes with liquid, water, sugar, salt, thyme, cayenne pepper and bay leaf. Reduce heat; simmer uncovered for 20 minutes, stirring occasionally. Add okra. Cover and cook over medium heat an other 5 to 7 minutes. Stir in Vienna sausage; heat through. Serve hot over warm cornbread. Makes 4 servings, about 38 calories each.

POTATO-HAM PIE
pictured on page 121

A crust of potatoes, a filling of ham cheese and chilies. Serves as a good brunch idea, too.

3 tablespoons salad oil
½ cup chopped onion
3 cups frozen hash brown potatoes
½ teaspoon salt
3 eggs, slightly beaten
¾ cup milk
3 tablespoons chopped canned green chilies
1 can (6¾ oz.) chunk ham
1 cup (4 oz.) grated Cheddar cheese

Preheat oven to 400° F. Heat oil in medium skillet. Add onion and sauté until soft, about 3 to 5 minutes. Add frozen potatoes and salt. Cook over medium heat until potatoes start to brown, about 10 minutes, turning occasionally. Pat mixture evenly into bottom and sides of 9-inch quiche pan or pie plate. Bake 25 minutes.

In medium bowl combine eggs, milk and chilies. Spread ham and grated cheese on potato crust; pour in egg mixture. Reduce oven temperature to 375° and continue baking 30 minutes or until set and lightly golden. Makes 6 servings, about 335 calories each. *(continued)*



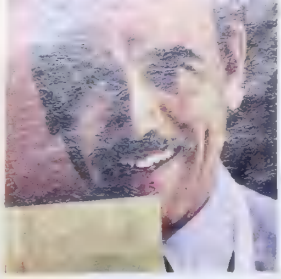
OUR ITALIAN RICE SALAD. A REFRESHING SUMMER CHANGE OF PACE.

ccess® Rice, Wish-Bone® Italian Dressing and ed, fresh vegetables get together for a deliciously ent summer salad. Success Rice boils in its own self- ng bag. There's no measuring. No mess. Success makes perfect rice easy. Wish-Bone Italian makes alad taste special. It's got zing! The excitement of Italian herbs and spices specially blended for irre- e Italian flavor. This Italian Rice Salad couldn't be delicious!

ITALIAN RICE SALAD

- ¾ cup Wish-Bone® Italian Dressing
- ¾ cup mayonnaise
- 1-½ cups chopped or shredded fresh vegetables—any combination carrots, celery, green onion, green and red peppers, tomato or radishes
- 2 Boil-in-Bags Success® Rice, cooked according to package directions

In large bowl, blend Italian dressing with mayonnaise; stir in vegetables. Add rice and toss well; pack into 5-½ cup ring mold or bowl; chill. Makes about 8 servings.



Dear Pete,

Help! My pork chops are tough as shoe leather. How can I get them tender?

—Mrs. Linda Campbell
Stamford, Ct.

Dear Mrs. Campbell,

Don't go to pieces. Ever hear of Shake 'n Bake® Seasoned Coating Mix?

It helps seal in the juices, so your pork chops stay moist and tender. So tender, you can practically cut them with a fork.

Which is a sneaky way of getting you to try one of my favorite recipes, Peachy Tender Pork Chops.

—Pete the Butcher

PEACHY TENDER PORK CHOPS

Drain 1 can (29 oz.) peach halves and reserve syrup. Moisten six ¾-inch pork chops in ¼ cup syrup. Coat chops with 1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Pork as directed on package. Bake 40 minutes. Add peaches to pan, brush with some syrup; bake 20 minutes longer. *Always cook pork chops thoroughly.* Heat ½ cup syrup, ¼ cup *each* firmly packed brown sugar and catsup, and 2 tablespoons vinegar in saucepan. Serve over chops. Makes 4 servings.



Shake'n Bake®. For pork chops that are tender, not tough.



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Take a Can of...

continued

REUBEN CASSEROLE

pictured on page 120

Who says a Reuben has to be a sandwich!

4 cups (2 lbs.) sauerkraut, drained and rinsed
1 teaspoon caraway seed
1 can (12 oz.) corned beef, cut into 6 slices
⅓ cup bottled Thousand Island dressing
1 package (4 oz.) sliced Swiss cheese
2 slices rye bread, toasted and cubed
2 tablespoons chopped parsley (optional)

Preheat oven to 350° F. Spread sauerkraut in a shallow baking dish; sprinkle on caraway seed. Arrange corned beef slices on sauerkraut; spoon on dressing. Place slices of Swiss cheese on each piece of corned beef. Sprinkle on bread cubes. Bake about 20 minutes until hot. Garnish with parsley, if desired. Makes 4 to 6 servings, about 495 calories per 4, 330 per 6.

SALMON ROMANOFF

A protein-packed entrée with poppy seed for crunch.

1 package (8 oz.) medium egg noodles
1 tablespoon butter or margarine
½ cup chopped onion
1 can (7¾ oz.) salmon, drained and flaked
1¼ cups sour cream
1 cup cottage cheese
¼ cup milk
2 teaspoons poppy seed
¾ teaspoon salt
Dash hot pepper sauce

Cook noodles according to package directions; drain and set aside. Preheat oven to 350°F. In medium saucepan melt butter or margarine. Add onion; sauté 3 to minutes until soft. Remove from heat and add remaining ingredients except noodles; stir to combine. Fold in noodles until well mixed. Spoon into a 1½-quart casserole. Bake, covered, for 30 to minutes until hot. Makes 6 servings about 370 calories each.

CHICKEN CRUNCH CASSEROLE

A throw-together nutritious quickie that will delight the kids.

2 packages (10 oz. each) frozen cut green beans, thawed
1 can (10¾ oz.) condensed cream of chicken soup, undiluted
2 cans (5 oz. each) chunk chicken, drained
½ cup milk
⅔ cup shredded Swiss cheese
1 tablespoon Worcestershire sauce
Dash pepper
1 can (1½ oz.) potato sticks

Preheat oven to 350°F. Arrange beans in 2-quart shallow baking dish. In a medium saucepan combine soup, chicken, milk, cup cheese, Worcestershire sauce and pepper; heat. Pour over beans. Bake 15 minutes; sprinkle on remaining cheese and potato sticks, bake 5 minutes more until bubbly. Makes 6 servings, about 2 calories each.

A Nice Girl Like Me?

continued from page 102

state would you live in if you had a choice? Give reasons.' What state would you like to live in, Mom?"

"Little Teapot" began again, accompanied by Tammy's tinkling voice. "Tip me over and pour me out," she sang.

What would happen to them all, I wondered, if I were to tip over and pour out into a quiet puddle on the floor? "Go to your room, Randy," I said with forced calm. "Get that homework done. Now."

Randy stalked out, inquiring loudly how he'd ever learn to play if "some people" didn't let him practice.

I followed wearily. At the top of the basement steps, Rob sat grinning at me. "You sure handled it," he said.

I collapsed beside him on the stair. "Did you ever wonder what our lives would be like if we didn't have children?"

"Frequently. But unfortunately, there's no way to make birth control retroactive."

I punched his shoulder. "I'm serious. Think how peaceful it would be. No quarrels. No door bangings."

"No squeaking tricycles? No driving kids to ball games and ballet lessons?"

I gazed fondly at my husband. Rob looks a lot like Mark Spitz, but he doesn't have time to swim. He's a father.

"When I was in high school," I reminisced, "I meant to become a female Albert Schweitzer. How did I end up here?"

Rob patted my hand. "Look at it this way. Out in the jungle you'd be coping with witch doctors and tribal drums. Not a lot of difference."

I punched him again and we sat in companionable silence until slamming drawer sounds brought me to my feet. "I'd better help Kristen. She'll never make it."

Kristen was ready with barely five minutes to spare. Suitcase clutched in her arms, she gave me her gap-toothed smile. "I bet you'll miss me."

"Of course I will." I bent to kiss her, suppressing a feeling of guilt at the thought that with only Tammy at home, the house would be relatively quiet.

An hour later Randy left, his homework completed. "I chose Louisiana," he said with a dark look at me. "They appreciate trumpet players there." *(continued)*



"You're getting pretty big yourself."



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Kings: 8 mg "tar," 0.6 mg nicotine—100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

MERIT

Kings & 100's

A Nice Girl Like Me?

continued

While I was digesting this, my next-door neighbor, Louise, appeared at my garden gate.

"You look pooped," she said cheerfully.

"I'm a wreck. Getting one child packed and away is bad enough, but two . . ."

Louise smiled. "Two down? Lucky you. Why not let Tammy stay the night with Debbie and me. Do you good to have a complete break."

I stared at her. "You mean it?"

"Sure."

There are times when Louise has angelic qualities.

For once, Tammy didn't dawdle over supper. She couldn't wait to be delivered next door.

I walked back into my house with a feeling of disbelief. Silence. Complete and utter silence. It wrapped around me as I strolled through the house, picking up scattered clothing, blissfully aware that the tidiness would remain for more than the usual five minutes.

I passed Rob in the living room and he smiled at me over the evening paper. "I feel disoriented," I told him.

He laughed. "I know what you mean. Even when they're in bed, there's always one of them popping up for a drink of water or a story. Seems strange."

It did seem strange, I thought as I wandered into the bathroom. Usually at this time of night at least one child would be cleaning teeth—under protest, of course.

I took a lazy, perfumed bath, donned a provocative robe and returned to the living room. Rob was lying back in his chair, eyes closed, mouth open, sound asleep. So much for romance.

I drifted back into the hall. Silence everywhere. How often I'd moved along this hall, listening at bedroom doors, checking that the children were all in there—breathing.

This then was how it would be if Rob and I didn't have children. This was how it would be in a few years when the children left home.

I felt a vague uneasiness. The house was *too* quiet, too empty. It seemed that a cold and lonely wind blew suddenly along the hall—a wind from the future? I shivered.

All at once, I wanted to snatch my children back from camp, slumber party and neighbor. I wanted to put my arms around them and tell them I loved them. I wanted . . .

The front door bell chimed right next to my ear.

Tammy and Louise were standing on the front step. Louise's smile was rueful. "She insisted," she said.

Tammy's brown eyes glared up at me. "You forgot to kiss me good night." Her voice was indignant.

I bent to hug her, sniffing her talcum-powder smell, my cheek touching her petal-soft skin. "Mmm, you smell good," I whispered.

A moist kiss was deposited on my cheek. "You too, Mom."

We looked at each other with satisfaction, then Tammy reached for Louise's hand. "I'm ready now," she said briskly and cheerfully.

I closed the door and slumped against the wall. Rob found me there five minutes later. "You pondering? Or are you just leaning?"

"Pondering." I hesitated. "I was remembering the way the children whisper in the kitchen on Sunday mornings, when they decide to fix our breakfast. I guess some of the sounds they make are pretty good."

"Like Kristen singing in the shower?"

Kristen's voice is definitely off-key. But cheerful.

"Remember the first time Randy blew a true note on his trumpet?" I went on. "How proud we were?"

"Mm-hm."

"I suppose you think I'm being silly?"

"Nope." He pulled me into his arms and I relaxed against him feeling warm and understood.

"Tell me," he murmured into my hair, "what's a nice girl like you doing in a place like this?"

I smiled against his shoulder. "Living," I said. "Just living." **End**

MAY RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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"I'm selling chocolate siding."

CHERYL LADD

continued from page 68

to her—a very common failure of parents—while making her dinner. It was tense, terse, curt talk. Suddenly I felt a tug on my leg and a little face looked up at me and she said, 'Mommy, why are you being so crabby to me? I wasn't naughty.'

"It was a killer, that little cherub face telling me I was hurting her feelings. She was confused, confronted me with it, and she was right."

A sensitive parent resolves to be better. "I try to curb my feelings always, and when I get upset I say to her, 'Jordan, I've had a terrible day. Mommy's really shook up.' She may not like to hear that, but she comprehends it. It saves her from taking my tensions personally, or thinking in some way that she is responsible."

But Cheryl remembers one occasion when her anger bordered on abuse. "I've only spanked my daughter twice, and then only because I felt it was absolutely necessary. Once, when Jordan did exactly what I had just told her not to do—I can't remember what it was, but I'll always remember my response. I popped her on the fanny once, then a second time and when my hand went up for the third time—it stopped in mid-air. I was still angry but I thought to myself, 'Wait. She already understands. This one is for you, for your ego, your power over her.' And I dropped my hand. Then I went into the other room and cried."

Cheryl never used physical force again. "I realized what I had nearly done, and was shaken by it. With all the love in the world, it can happen. You know, most people who abuse their children really love their children. But they just cannot cope with their own problems. They feel inadequate as parents. In many cases, they themselves were abused as children by *their* parents. A battered child becomes a battering parent, and it is hard to break that cycle, except when the parent recognizes the problems and seeks professional help.

"I was not an abused child, so this pattern wasn't in me, but wow!—how close one can come. Any time a parent is so frustrated that she wants to strike a child, she should ask, 'Am I doing this for myself—or my child?'"

If the answer is honest, it is likely she will stop and talk, rather than strike out.

Child abuse is temporarily forgotten as the tiny, adorable form of Jordan Ladd hurtles across the room, flings her arm around Cheryl's neck and sing-songs "Hi, Mommy, Mommy!"

It appears the child has adjusted to the new family status. "Oh, she's doing very well," Cheryl says. "David moved out months ago (in September, 1979) and has his own place near here and Jordan knows that she can visit him at any time she wants. She doesn't hear any negatives about her Daddy.

"At first, though, it was awful. I simply couldn't communicate with her. I tried to explain that her father and I were taking a little break from each other, because we didn't get along. But Jordan wouldn't accept that. 'Why didn't you go to Daddy's birthday party?' She began to punish me—and one day, I started to cry. That amazed her. I had never cried in front of her before, I had always been a stalwart, strong beacon in her life. But Jordan needed me to cry, and to show that I was sad about the break-up, too."

What Jordan wanted was honesty. Cheryl realizes now that honesty was a missing ingredient in her marriage. "I consider it a personal failure on my part," she says matter-of-factly. "People change, grow apart. I felt that, but couldn't express it.

"Then one day last summer," Cheryl remembers, "I got a blessing from somewhere that helped me find myself. I don't want to get into the subject too deeply because it is something that I am still just discovering. In a way, it is a very spiritual feeling. It was an awakening, of the child in me—the one who used to skip down the street in South Dakota, with all the honesty and all the decency she had which I had lost."

Decision

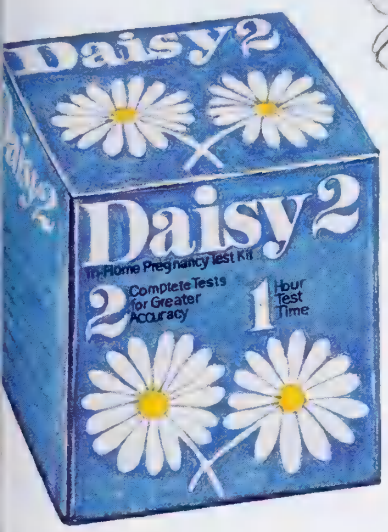
This experience, the hookup with the past, helped Cheryl to decide what to do. She told David that she wanted a trial separation. She began seeing a psychiatrist. And she began going back to church, "something I hadn't done in years. That was an even more helpful way of touching base with the person I used to be. I had stopped going, because, in California, I was afraid that being religious wouldn't fit in. So I learned to cuss a lot." She laughs. "I don't do that much anymore, and if I slip and use the Lord's name in vain, I apologize." Cheryl never has applied the term "born-again Christian" to herself, "but in essence, I guess it is what I am. When you don't look up [to the Lord], he somehow puts you on your back so that you have to."

Today, Cheryl is happy—with her work, with her life and with Jordan. Part of that happiness is due to her new romance with Brian Russell, the musician she and David knew throughout their marriage. Brian is the person with whom Cheryl attends church. The son of a Presbyterian minister, he grew up in rural Canada, and has a family background that is closer to Cheryl's than David's was. "We look at life," she philosophizes, "through a similar window."

Life is definitely on the upswing for Cheryl Ladd, and she gratefully counts her blessings. "Is that silly? Is that square?" she grins. "I don't care. I count my wonderful blessings." **End**



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By Geraldine Carro

LITTLE BABIES NEED LOTS OF LOVE

A look at the new ways hospitals teach premature babies and their parents to be close.



Jeannie Hewitt was understandably elated by her son's first report from nursery school. Sean, said his teacher, was one of the brightest three year olds in his Montessori class.

Most parents would be cheered by such a report, but in Jeannie Hewitt's case, the news was especially meaningful: When Sean was born, some three months early, doctors doubted that he'd live. If he did, they warned, he could be severely brain-damaged.

That Sean is alive and doing so well reflects recent advances in our medical know-how. Today's neonatologists, specialists in newborn medicine, are having increasing success with babies as tiny as Sean, who weighed a mere 800 grams, or about one and three quarters pounds, at birth. Sean's remarkable progress is also a tribute to those harder-to-measure intangibles—parental love and determination.

Jeannie dates her determination to help Sean survive to a moment in the recovery room at University Hospital in Denver. One of the staff pediatricians came to visit her and, with few preliminaries, she angrily recalls, he asked, "What funeral arrangements have you made for your baby?"

"My baby is going to live," Jeannie screamed. "I doubt it," replied the doctor. "He's very small."

"I had this gut feeling that my baby was going to make it," she says. Persuaded that Sean needed mother's love as well as medical expertise, she began "camping out" in the nursery. There, for daily eight-hour stretches, she hovered at the side of her tiny baby who was enmeshed in tubes and wires plugged into thousands of dollars worth of life-support equipment. She talked to Sean, sang to him and massaged his raw, premature infant's skin with oil. "I felt that if Sean sensed someone really cared," she says, "it had to make a difference."

Jeannie decided to breast-feed because mother's milk is thought to give babies, especially vulnerable premies, an edge. Since Sean was too weak to nurse at first, Jeannie had to express her milk—a process, she says, that was painful and frustrating. The medical staff offered little encouragement, treating her as an unwelcome intruder. "I even had to fight," she says, "to get the nurses to bring me the breast pump."

Were Jeannie having her baby today, she wouldn't have to fight. Attitudes toward premies' parents have changed at University Hospital and at a number of medical facilities. Parents at the Denver hospital are now actively encouraged to participate in the care of their infants and an open-door policy allows them to visit or call 24 hours a day. Symbolizing this change in attitude are the two brand-new electric breast pumps they acquired and a parents' information packet, which helps make the nursery, with its space-age equipment, seem just a little less formidable.

What has brought about this change of policy? The growing sensitivity of medical personnel to the overwhelming stress that parents of premature infants sometimes face. Dr. Robert Harmon, a child psychiatrist at University Hospital, points out that the mothers of these tiny babies have tremendous guilt feelings. "They blame themselves," he says. "They think that the baby came early because they had sex, went bike riding or forgot to take their vitamin pills." In reality, he says, relatively little is known about the causes of prematurity.

Another child psychiatrist, Dr. Klaus Minde, of the Hospital for Sick Children in Toronto, talks about other feelings these parents experience. "In our society, it's demoralizing to have a premie," he says. "If you don't have an eight-pounder, it's as if you haven't really given birth." He finds that the mothers of premies, not surprisingly, are "moody, anxious and depressed." One of Dr. Minde's efforts to boost their morale is a film produced by his department. Its point of view is reflected in the title: "Good Things Come in Small Packages."

Child psychiatrists such as Drs. Klaus Minde and Robert Harmon believe that many mothers *(continued)*

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Mothering

continued

need a little bit of extra support to help them relate to their premature infants.

"On the one hand, they try to get close to their baby," says Dr. Harmon, "but because they fear the baby might die or be a hopeless vegetable, they simultaneously draw away. While the hospital actively encourages parents to become involved with their baby, we have to respect their right to have these very mixed feelings."

Becoming emotionally attached to their infants can be especially difficult for parents whose babies are hospitalized for a lengthy stay of four, five and six months and who have other children at home, says medical social worker Laurie Dobrow, a staff member of the Denver high-risk nursery.

"When the mothers are at home," says Laurie, "they keep thinking of the baby in the hospital. And when they're at the hospital, they're worrying about the children at home."

The stress of leading a double life eventually leads some parents to visit their sick infants less and less. In counseling sessions with parents and in weekly meetings held in the nursery, Laurie emphasizes how much these tiny babies need the love and attention of their mothers and fathers.

Self-help for parents

In addition to staff support, parents can turn to a self-help group, "The Premature Parenthood," started by Jeannie Hewitt and another ex-premie parent, Rozan O'Brien. Rozan remembers her own desparate need for help after her son Grant, a twin whose brother died at birth, was born. "You think you're going to have the perfect baby," she says. "And then you are handed this infant all connected to tubes. You know and have to admit to yourself there's the possibility that he'll die or never grow up to be healthy. It's really scary."

At one point, Rozan admits, "I thought I was going crazy. I wouldn't open the door or answer the telephone, yet I really needed someone to talk to." The major purpose of "The Premature Parenthood" is to provide parents with that someone.

Cementing the sometimes fragile relations between premies and their parents has been a concern of Dr. Minde's, too. The high-risk nursery at the Hospital for Sick Children now has a 24-hour open-door policy, like the one in Denver, and parents are invited, where possible, to participate in the care of their infants.

Dr. Minde has also found that lending premies' parents extra emotional suppor helps them be better parents. As part o a research project, he and his staff invi ted a group of parents to join a series o self-help sessions at which they coul share their feelings. A staff nurse i always on hand to offer guidance an information.

Dr. Minde noted remarkable di ferences between the group parents an those who did not attend the sessions On the whole, the group parents be came more involved with their babie and visited them more in the hospita The added boost lasted up to thre months after the babies were dis charged. At home, the group parent were more at ease caring for the babies; they talked to them more an spent more time feeding and playin with them and, in general, they fe more competent as parents. **En**

Journal Shopping Center

BEAUTY: QUICK CHANGES: NEW SUMMER HAIRSTYLES
PAGE 114: Blouse by Anne Klein for New Aspects.
PAGE 115: Top left: dress by Natalie Perr for Jones New York; top right: dress by Partridge; bottom left: dress by Charlotte Ford, a division of Don Sophisticates; bottom right: warm-up suit by Liz Claiborne.
PAGE 116: Top left, top by Liz Claiborne; center: dress by Charlotte Ford, a division of Don Sophisticates; right: gown by Stephen Burrows; bottom: top by Sandy Starkman.
PAGE 117: Blouse and linen blazer by Natalie Perr for Jones New York.
PAGE 118: Sweater by Regina Porter.
PAGE 119: Top left: warm-up by Carol Canaan for Top Seed; right: jacket by Regina Porter; bottom left: dress by Charlotte Ford; right: top by Carol Canaan for Top Seed.

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With a flick of the tail, your feline friend can tell you a lot—*if* you're smart enough to read the signals. Here's how, from an expert in cat communication.

By Carole C. Wilbourn

Cat Talk: A Primer for People

"Sam, please be quiet," I cried. "I can't stop to pet you now. I've got to get these cookies into the oven." It was a busy day, and my 15-year-old Siamese was annoyed—I'd jumped out of bed before he got all his morning cuddling. I knew Sam wouldn't stop crying until I picked him up and hugged him, so I did. But when I put him down, he started vocalizing all over again. That was my cue to stretch out on the sofa so he could climb up beside me. Soon we were joined by eight-year-old Baggins, my other cat. It looked like I wasn't going to get much work done, but I'd made Sam and Baggins happy.



Getting to know you. Sam's tactics had been a bit more dramatic in his youth. If he didn't get through to me by talking, he would give me a nip on the hand or ankle. For a while I thought he was just ornery. But I soon discovered that if I petted and spoke to him, he would relax and start purring. At times, though, all Sam wanted was to sit and be admired. If I tried to stroke him his tail would swish back and forth. That signal, I learned, meant "hands off."

Sam and I have been together a long time now, and he's developed a pretty big vocabulary. Though he frequently uses his voice to let me know what he needs, sometimes the message is delivered by the way he moves his body. If necessary, he'll do something quite bizarre to get my attention!

Early-warning system. Often your cat's body language can alert you when something's about to happen. While I'm in the bathtub or shower, for example, Sam may come sauntering in to see me, an annoyed look on his face—he's telling me someone is at the door. Baggins' reaction is different: At the sound of the doorbell, he usually runs for cover, under the bed or in the closet. Observe your own cat. Do you see him racing to the door, or standing with ears cocked? Probably there's a visitor on the way. Or when you're under the hair dryer and can't hear a thing, does your cat sometimes jump out of a sound sleep, looking thoroughly disgruntled? Chances are the phone is ringing.



Friend in need. A cat's behavior can also clue you in on what another animal is doing. One afternoon, I came home from work and Baggins, as always, followed me to the kitchen. All at once, he darted toward the apartment door and started to scream. I opened the door, and there was Sam. Without my knowledge, he'd stepped out when I stepped in. Baggins had run to his rescue.



This "sixth sense" can sometimes help save another pet's life. A cat named Parker Pyne woke up his owner one night, screaming and pawing at her ear. When the woman noticed that Putney, her younger cat, wasn't on the bed as usual, she got up and went into the living room. There she saw the screen pushed aside from the window and Putney sitting out on the ledge. Fortunately, the cat was coaxed back inside—she might not have survived a ten-floor drop.

Medical detective. What if one cat suddenly begins picking on another, without obvious provocation? It may be simply an indication of sexual maturity. But, as I've learned in my work as a cat therapist, it can also mean that the victimized animal is sick. The healthy cat, sensing something wrong with his companion, becomes uneasy—and lashes out at that source of anxiety.



Clarence was a mature, altered cat and Toffee was a spayed female. Though hardly the ideal couple, they got along—until Toffee turned alarmingly hostile toward the other cat. When their owner called on me for help, I reviewed Clarence's medical history and recommended a chest X-ray. Sure enough, the test proved that he had a minor heart problem, and that was what had made Toffee so anxious. When Clarence began feeling better, so did she.

Stop, look and listen. Cats aren't always sending out an SOS, of course. But whatever they're saying, it's usually worth your attention. After all, they are highly sensitive creatures, and how they feel is how they act. Some, like my Sam, are very vocal; others are apt to use body language. What's *your* cat's special code? The better you can decipher his messages correctly, then act on them, the better your relationship will be. **End**

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Wow!
New Fit & Trim® BRAND
has added tasty
beef flavor chunks!
Dogs love beef!
So Purina added beef
flavor chunks to Fit and Trim®
dog food.
Result? New Fit and Trim.
Still low in calories and fat,
but now with a beefy taste
your dog will love.
Get New Fit and Trim!
NEW!
LOWER IN CALORIES*
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NEW!
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Your Family's Health

Can aspirin save your life? Are urinary infections preventable? How can you treat a rash? Who loses weight and why? Plus more . . .

By David R. Zimmerman

ASPIRIN AND YOUR HEART. Thousands of Americans, including many doctors, began to take aspirin daily after researchers reported that this wonder drug could prevent second heart attacks and death as a result of first heart attacks. Now, five years later, a carefully conducted scientific study of almost 5,000 patients challenges those early findings. Men and women who took 1,000 mg. of aspirin daily—which is three standard aspirin tablets—had essentially the same risk of further heart attacks and death as those who swallowed dummy medication. The aspirin caused stomach complaints in one user in ten. Some researchers still have hope for aspirin, however, stating that the 1,000 mg. dosage may have been too high to be helpful. But, for now, the advice of doctors who conducted the nationwide Aspirin Myocardial Infarction Study is that "aspirin is not recommended for routine use in patients who have survived a heart attack."

URINARY INFECTIONS ENDED. The recurring urinary tract infections that plague many women can now be easily prevented. This good news comes from Canadian microbiologist Godfrey K.M. Harding, M.D., at the University of Winnipeg in Manitoba. He and his colleagues treated 38 recurrence-prone women and girls for a total of 21.3 patient years with thrice-weekly low doses of the antibiotic combination drug trimethoprim-sulfamethoxazole. Only two women had reinfections—a recurrence rate of one infection per ten patient years. When the preventive treatment was halted, however, 21 of the 38 had recurrences within six months, which suggests that some women may require continuing treatment until some form of permanent protection can be found.

RASH RELIEF. Two of the most potent drugs for the treatment of eczema, acne, poison ivy and other rashes and skin eruptions can now be purchased in drugstores *without* a prescription, says the Food and Drug Administration. Hydrocortisone and hydrocortisone acetate, both forms of cortisone, act by temporarily turning off sensory receptors in the skin. The FDA allowed sales after an advisory panel reported that these drugs are "safe and effective" for self-treatment of itchiness and inflammation if taken in low dosages of .25 and .5 percent. One expert notes, however, that these are low-potency preparations, so if they fail to provide relief, your doctor can prescribe far stronger cortisone drugs.

VANITY AND WEIGHT LOSS. What helps a woman *maintain* weight loss? Vanity, according to epidemiologist Alfred A. Rimm, PhD. He and his colleagues at the Medical College of Wisconsin in Milwaukee, studied 173 very overweight women referred to them by TOPS (Take Off Pounds Sensibly). The women spent three weeks in an in-hospital weight-reduction program and lost an average of 15 pounds each.

Two years later, one woman in five had lost additional pounds, and one in five had maintained her discharge weight. The remaining 60 percent, however, gained weight—in some cases more than 40 pounds. When Dr. Rimm compared the eating habits, medical histories, family backgrounds and psychological profiles of the women who maintained their weight loss with those who failed to do so, he found that only two factors out of the 89 he analyzed were of any self-help value. He sums them up as vanity.

His psychological tests show that women who feel responsible for themselves, but who also care a great deal about what others think of them, have a tendency to stay slim.

"Keeping weight off is a life-long project," Dr. Rimm explains. "So it is probably good to develop a lot of vanity." His conclusion: "Being vain is not *all* bad."

CANCER UPDATE. Lung cancer has become the second most common cause of cancer death in American women—after cancer of the breast. It may soon be the first, the federal government reports. "The lung cancer death rate has tripled since 1965, as more women took up smoking," the American Cancer Society explains. The Society will soon begin its annual fund-raising drive. So now is a good time to fight cancer with a check, a check-up—and a moment of thought on the risks of smoking.

CYCLING SAFETY. Now that the weather's warming up, take out your bike and start pedaling again. You can burn 250 to 400 calories per hour, and cycling is an excellent figure-trimmer, particularly for your hips and legs (to be effective, biking should be done vigorously, which means at speeds over 10 mph). It also gives your cardiovascular system a terrific workout. But bike safety experts say serious accidents are all too common, and issue these two warnings:

- Carrying a long-strapped shoulder bag while riding bent forward on an English or racing bike can be dangerous. The strap can easily slip off your shoulder, causing the bag to fall between the front fork and wheel, stopping the bike suddenly—which could throw you forward, over the handlebars. Plastic surgeon David W. Furnas, M.D., of Irvine, California, who has repaired the faces of several young women injured this way, has this advice: Always wear the strap diagonally *across* your chest so that the bag cannot possibly slip off your shoulder.
- Parked cars and trucks can be just as hazardous as moving vehicles. A person getting out of a parked vehicle from the driver's side could thrust open a door right in your path. Although many drivers and their passengers automatically watch for oncoming cars before opening a door, they are less alert when it comes to bicycles, which are also harder to spot. So, to be safe, *you* must be constantly alert for opening doors as you bicycle.

End

Dieting can lead to stress

Dieting. It's a tricky business. Eat less than 000 calories a day and you'll probably lose eight. But you may not get all the vitamins and on you need. Unless you're on a diet ecommended by your doctor—based on your e-style and the state of your health—dieting ay lead to stress and a nutritional imbalance.

What is stress?

Stress is your body's reaction to any nysical condition that places n unusual demand n it. And it can oset your nutritional balance. When you deprive yourself of essential vitamins, stress can cause your body to turn to its reserve supplies to make up the difference. If prolonged, a vitamin deficiency can develop.



B-complex and C. Vitamins the body doesn't store.

Your body absorbs two kinds of vitamins from the food you eat, fat-soluble and water-soluble. The fat-soluble vitamins are heavily stored in your body as a reserve supply for emergency use. But most of the water-soluble vitamins, B-complex and C, are stored in very small amounts and must be replaced every day. That's why, when a fad diet causes your body to use its reserves, the B and C vitamins can soon be depleted. And that's why supplementation is often advised.

A touch of womanhood in a high potency vitamin.

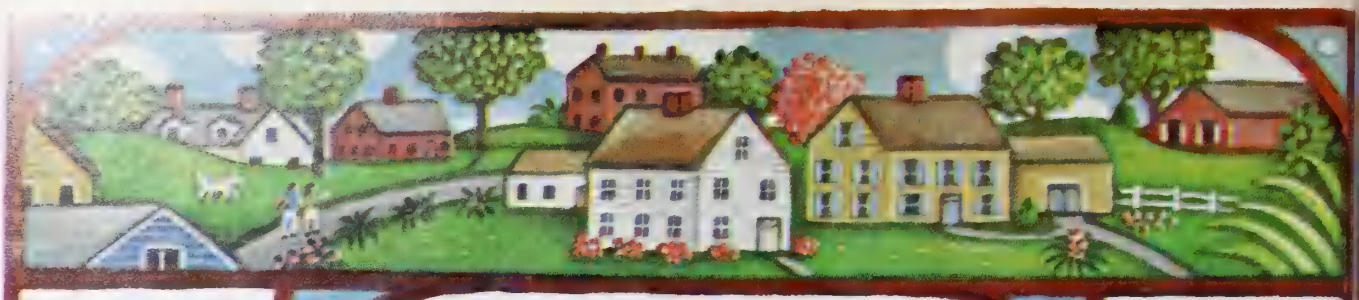
STRESSTABS® 600 with Iron. It concentrates on the vitamins the body doesn't store—with a high potency supply of B-complex and 600 mg of vitamin C—to help you avoid B and C losses. Equally important, STRESSTABS® 600 with Iron also provides 27 mg of iron, plus 100% of the U.S. Recommended Daily Allowance of folic acid and vitamin E.

Talk to the experts.

Ask your doctor or pharmacist about the complete STRESSTABS® family—STRESSTABS® 600, STRESSTABS® 600 with Iron and STRESSTABS® 600 with Zinc. Products of Lederle Laboratories, the company that brought meaning to the stress formula vitamin.



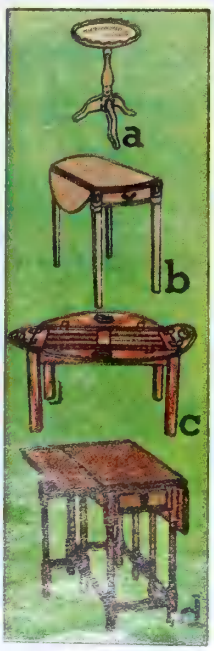
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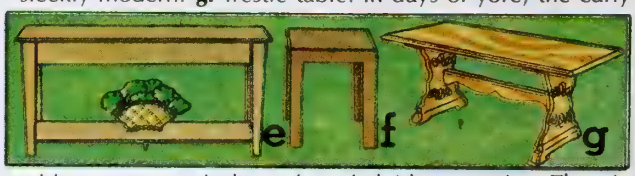
Home Journal

May ways: storage tips, electric news, a look at famous tables.

PACKING WINTER AWAY: All of your bulky winter gear can be safely stored at home—if stashed away with care. (Exceptions: furs, fur-lined coats and throws.) Here's some "putting up" hints . . . • Make sure everything is spotlessly clean. Follow "care" labels on how to launder or where to dry clean. • If you hang clothing in garment bags on hangers that support the shoulders, your things probably won't even need re-pressing. • Many knits stretch out when hanging; store flat. • Group small articles—socks, scarves, caps and gloves—together in boxes. Label by category. • Big, bouncy down jackets, coats and comforters can be compressed into an amazingly small space; fluff out when shaken. • Blankets of man-made fibers can be folded up, placed on linen-closet shelves. Wool ones, however, need the added protection of a moth repellant. • Box or wrap winter boots, slipping in boot trees or rolled newspaper to retain shape. First, vacuum insides to swoop up lint, dust from linings. Clean smooth leathers with saddle soap. With suede, use warm water to wash away salt deposits; when dry, restore nap with wire brush. Spray boots with silicone to renew water resistance. • Don't depend on mothballs, cedar closets or chips to guard totally against moth damage. They only repel moths with their odor, but can't stop the clothes-eating larvae. For more help, try paradichlorobenzene crystals (gas kills larvae). Follow manufacturer's directions. • Short on shelf or closet space? Buy one of those handy large storage boxes, slip it neatly under your bed.



NAME THAT TABLE. A table is not always simply a "table." Most styles are tagged with precise names. Here, a glossary of some classics with distinguishing features and how (or why) they earned their titles. **a.** *Wine table.* Just large enough to hold a tidy tray with decanter and glass. Often with leather insert, gallery-type rim. **b.** *Pembroke table.* Small rectangle with drop leaves, which get support from pull-out slides. Usually with one drawer. Named for the tenth Earl of Pembroke. Earliest on record was made by Chippendale, about 1771. **c.** *Butler's table.* The butler did it! Brought in a serving tray and set it on a stand. With four flaps that flip down, hand holds for carrying. Today's version keeps the tray shape and brass hinges but has attached legs, coffee table height. **d.** *Gateleg table.* What swings like a gate, has eight legs? A dropleaf with side leaves supported by a "gate," an arrangement of legs and stretchers that can tuck away beneath the table top. First popular in Jacobean England (1603-49), now lighter, more graceful. **e.** *Console table.* "Console" was an architectural term for the brackets that held up a cornice or shelf. Now the name means table and all. Three versions of the wall huggers are around (and handy) today—a tabletop attached with an S-curve bracket; a half-round with four legs; or a long, narrow table (shown). **f.** *Parsons table.* A sturdy square or rectangle with apron and legs the same width. Can be any size or height. Joseph Platt designed it for the Parsons School of Design in the thirties—yet because of the simple lines and sharp angles, it looks sleekly modern. **g.** *Trestle table.* In days of yore, the early



tables were merely loose boards laid on trestles. Then in the Middle Ages, footed posts were fastened to the board top—and this practical approach still survives. This slab-type table is sometimes called an Arkwright after the late Gothic word for "cabinetmaker."

ELECTRICITY HOTLINE. Quick flashes on new hookups and hang-ups. • Plugs-in-a-Row. Convert one outlet into four—instantly. Model H-101 is an outlet box on a 3-foot cord designed for the kitchen, has on/off switch with pilot light. Model H-102, for general use, has 9-foot cord. Both in sand tone, with safety circuit-breakers. "Instant Electrician" by SEL Waber Electric, $23.95 each. • Extend-a-Plug. To bring an outlet out flush with new paneling without re-wiring—a plug-in outlet extender. Same for switches. Each extender, $2.99, in ivory or brown. Also, a frame extender with coverplate. All, Miami International Marketing. • Cord Neateners. Coil up any excess cord, wrap with a self-sticking strip. "Coil-A-Cord," 98¢. For long cords that travel around a room, fasten to baseboard with self-sticking patches; "Cord Control," 89¢. Both, Velcro.





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Tips On Repotting

Sooner or later, all houseplants need new soil and a larger pot. Here's why and how to do it.

By Virginie F. and George A. Elbert

There comes a time in the life of every houseplant when it must be repotted. In fact, that time will probably come more than once in a plant's lifetime. So if you're concerned (as you must be) about giving your plant a happy home, read on. Nothing difficult is involved, but it's all critical, for novice and expert alike.

When to repot. It happens at many stages of a plant's life . . . like right at the beginning, when you first buy a plant. We repot every new plant that comes into our house (after allowing it a week or two to adjust to its new environment) in a special, fresh soil mix. This is because nursery growers usually use ordinary garden soil, which is okay in perfect greenhouse conditions, but which dries out and hardens much too fast in most private homes. Another reason to repot is if you've started a plant from seed or from a cutting. Or perhaps you bought the plant through the mail and it arrives bare-root. And, of course, as plants grow, they need larger pots and more soil. Even mature plants will need repotting—roots continue to grow and top growth may become so large as to be top-heavy. So you can see, there are many stages in a plant's life when repotting is necessary.

What soil to use. The simple needs of most houseplants are met by a growing medium (or "soil") that holds water without becoming soggy and is light enough for the roots to push through easily. Plant food is not a necessary ingredient in the soil because we supply it by means of fertilizers.

The soil mix that is most widely used and that we ourselves prefer, consists of equal amounts of sphagnum peat moss, vermiculite and perlite. Sphagnum moss grows in northern bogs, and when it is partly decayed it is dug up, dried and packaged. It is light, fibrous and holds water better than humus. Vermiculite, a mica, is a very thin crystal that holds water by surface tension without absorbing it. The soil is made lighter and roots cling to the crystals. Perlite is a volcanic material which under high heat becomes a gritty white material that is very light in weight. It takes the place of the much heavier sand in most soils.

Mix the three ingredients together and moisten with two cups of water to each eight cups of soil. Allow it to stand under a cover for a couple of days. Then stir thoroughly again before using. The soil will be just moist enough without being soggy and heavy.

The mix is used straight for shrubby plants and vines; for all others we add about two tablespoons of lime to a quart of mix. That is because the mix alone is rather acid, and most houseplants prefer more neutral soil. You can use horticultural lime, dolomite limestone chips or well dried egg shells that you've pounded or blended.

For cacti and succulents we increase the amount of gritty material. We use one part sphagnum peat moss to two parts each of vermiculite and perlite.

You may wonder why we do not use garden soil. Unfortunately it is neither moisture holding nor porous. Also it must be sterilized, which is a complicated, bothersome process.

Packaged potting soils are convenient but risky. Many are no more than common field soil sold under such labels as Potting Soil or House Plant Soil. The only packaged soils we have found useful are the ones marked House Plant Mix or African Violet Soil or Mix. The three basic ingredients, sphagnum peat moss, vermiculite and perlite, should be printed on the label.

If you put our dry mix through a kitchen sieve you can also use it for sowing seed. But it is advisable to spread a thin layer of milled sphagnum moss, also in packages, over the seeds. It prevents fungus diseases of the young seedlings such as mildew and damp-off.

What kind of pot? Plastic pots are lighter, hold moisture longer and take up less space than clay. But because plastic is not usually decorative, we put our plastic pot inside an outer, ornamental pot. The container in which the plant is growing must have holes for drainage whereas an outer pot can be without them. These outer pots, however—of pottery, clay, wood or other material—*should not fit tightly*. Allow half to a full inch all around for air circulation. Otherwise excess water in the bottom cannot evaporate and the soil in the growing pot will remain soggy.

How often to repot. Because plants grow at different rates it is impossible to say how often repotting will be necessary. A lantana may need potting every three months for a while, a geranium every six months, but a snake plant only after a couple of years. A top-heavy plant may need repotting even though it is not pot bound.

Decanting a plant. The first step in repotting is the removal *(continued)*

Shown above, a Dr. Livingston geranium repotted into the next larger size plastic pot, which in turn is enclosed in a decorative ceramic one. Roots will have more room, top growth better balance.

"I'm More satisfied."

"I'm not easily satisfied with most things. But More gives me what I want—great satisfying taste. And More is 120mm long, so that great taste lasts longer. That's why I get *extra* satisfaction.

"Then there's the style that comes from a long, slim, brown cigarette. More. It does give me more."

More. For that extra measure of satisfaction.



mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

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Tips On Repotting

continued

of a plant from its container. To dislodge it with the least amount of damage, we usually moisten the soil well, allow it to stand for an hour or so and then turn the plant upside down and rap the top edge on a hard surface. In most instances the soil ball will come free in one piece. We'll talk about the handling of big plants later on, as they require a different process.

How to pot. When repotting, because a plant has outgrown its container, always move it to the next larger size. With two different kinds of plants equal in size, the one with the shorter roots may fit into a shallow "azalea" type pot and the one with the longer roots into a standard deep pot. Never go beyond the next larger pot because it will hold too much soil, which will absorb a greater quantity of water. A small plant in a large pot cannot use up that much moisture quickly and by remaining wet will be in great danger of contracting some disease.

Cover hole or holes in the bottom of the pot with a piece of plastic mosquito screening. You can buy this in hardware stores and cut it with a scissors.

An important point is that we never put stones, pebbles, gravel or broken pieces of clay pot in the bottoms of our pots for drainage. The soil mix is porous enough for proper drainage and these materials merely waste space that can be filled by soil and roots.

First, put a layer of soil in the pot to cover the screening. Then hold the plant by its stem so that the point where stem and root meet is just below the rim of the pot. Fill in the sides by hand or with a small trowel with moist soil.

Using a potting stick. A useful tool for all this is a potting stick. Make one yourself, according to the size of your plants. For big pots cut an 18-inch length of discarded broom stick and make a long, two-sided point at one end. For smaller plants use narrower dowels to make a 6- to 10-inch stick.

In potting, after the soil has reached the rim, take your potting stick and press it down along the side of the pot, levering inward toward the center at the same time. This will pack the soil without damaging the roots. Add more soil and keep packing, but not too forcefully, until it is firm around the base of the plant.

The potting stick is especially helpful with plastic pots because of the reinforcing ledge near the top. Without careful packing you may have the impression that you are filling the pot while actually leaving air spaces along the sides below the ledge. Later on, when you water the plant, the liquid will run down the sides and through the bottom without wetting the soil thoroughly. Many a plant has died of thirst in spite of repeated waterings because, in fact, its soil has remained bone dry.

Potting young seedlings or rooted cuttings. If you grow your plants from seed or multiply them by rooting cuttings, it is not long before you must transplant them to small pots. When seeds come up, wait until they show four real leaves. Cuttings will start to put out new growth. Gently remove the young plants from the propagation pot with a houseplant trowel or a pointed iced tea spoon and plant in one and a half- or two-inch plastic pots filled with our houseplant mix. If it is necessary to hold the plant, do so by the leaves, not the stem as with larger plants. Water well and place in indirect light for several days before exposing to direct sunlight. Cover the more tender plantlets with a plastic bag or a plastic old-fashioned glass for several days and then let in more and more air until the plantlet can manage in the open.

Repotting potbound plants. When a plant has grown large in a relatively small pot it is time to check the roots. That some root grows out of the bottom is no proof that it is potbound. You will only know if you take it out of its pot. Should you discover that there is still plenty of room for root growth, you can pop it back in none the worse for the experience. But when you see that the roots are thickly matted at the bottom and sides you know that they must be given more room to grow.

Choose the next larger size pot. Break up the matted roots by pulling them apart and cutting through the worst tangles. This seems rough, but unless it is done new roots will not grow out into the new soil.

Put enough soil in the bottom of the pot to raise the plant to the same level as it was in the old one. Fill in with soil around the side, being careful to center the plant. Press the soil down and toward the center with your potting stick.

Transplanting large plants. The repotting of large plants is only different because they are so heavy and unwieldy. Spread newspaper generously over the floor. Lay pot and plant on their sides. Have someone hold the pot while you tug out the plant.

Make a wet paste of some of the new soil and fill in the bottom and part way up the sides of the new pot. Shove the root ball into the pot and lift pot and plant erect. It is easy, then, to fill in with soil on the sides and pack it down with your longer potting stick.

Some larger plants are shipped to market in flexible plastic tubs. If you acquire one of these you can enclose the container with a cover pot or you can repot as we've described above. **End**

SHELLEY WINTERS

continued from page 47

that time, in Hollywood it was accept that director Sam Spiegel gave the defi tive New Year's Eve party, which mea that if you weren't invited, the comi year was ruined as far as your status the industry was concerned. I got a invitation several weeks before the end December. I was to attend with Rita Ha worth, who was separated from her hu band, Orson Welles.

On the night of the party, Spiege house was floodlit, and the press w there in force. As we joined hundreds guests, Rita was soon surrounded. I sat a corner for nearly an hour before a ta skinny man came over, saying, "M Winters, can I get you something? Y look a little lost." He introduced himse but all I heard above the noise w "Hugh something." I told him I was fa ished and, as he walked away, I notic his white tennis shoes and thought th his tuxedo was borrowed because looked so old and shiny. I figured he w a set decorator, and that he had crash the party.

He returned with a large tray of foo and I started eating everything in sigh When I came up for air, I noticed that t party was strangely quiet; all ey seemed to be riveted on me. I was embarrassed, I almost stopped eatin but at Hugh's insistence, I finished t food on my plate and started on h When the stays on my dress became t tight, I asked my new friend to unzip t top of my dress under my shawl where one would notice. He did pretty w until the fringes of my shawl got caug in the zipper. Connie Dowling, a frien was nearby, and she whispered that p haps the ladies' room was a more app priate place to solve my problem.

But Hugh held me fast. "I'm enjoyi this," he said. "I've dealt with many m chanical problems but this is one of t most fascinating."

At exactly midnight, he got the sha untangled. I threw my arms around neck, kissed him, and then went off w Connie to find the bedroom assigned the ladies' lounge. Ava Gardner was the room, and as I sat next to her by t dressing table, she turned and said me: "I'm glad you took Howard off hands, Shelley."

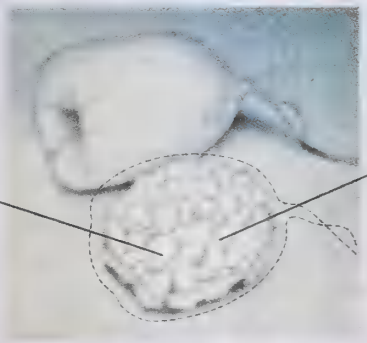
"I did *what*?"

She went on, ignoring me. "He ga me a new car for Christmas, and son thing was wrong with it. He told me take it to his aircraft plant to get it fixe When I picked it up, I drove two mi and the engine fell out. I wanted to ha him bring me here and then ditch him get even, but he thinks you're so cute don't think he's noticed."

"I don't know what you're talki about," I replied. "That nice (*continue*



The only tampon with double-absorbing action.



Sponges to absorb fast.
Rely's sponges expand and absorb almost instantly. So you're protected virtually from the start.

Super fibers for holding power.
Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

even absorbs the worry.

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Only Rely gives you double-absorbing action. Because Rely is designed differently. Not from compressed cotton and rayon, like other tampons, but from tiny expandable sponges and super-absorbent fibers, all contained within a silky outer covering.

Only sponges absorb like sponges.

And Rely's expand to absorb almost instantly. Your own body moisture makes this happen. While the sponges are absorbing, the super-absorbent fibers are drawing the flow out of the sponges and holding it deep inside the tampon. So the sponges can absorb even more. That's what gives you double-absorbing action.

Rely's the best protection against tampon by-pass accidents.

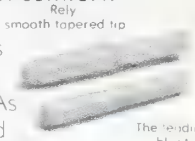

Rely's fit 5 minutes after insertion

Because of its unique construction and super-absorbent materials, Rely fits better than any other tampon. It gives you superior protection against tampon by-pass (the accident that happens when there's a gap between your tampon and you).

Rely expands as soon as you insert it, gently billowing out to a cup-like pillow. It's wide at the top and tapered at the bottom to allow the vaginal walls to close around it snugly and protect you. If there's no gap for the flow to pass by, there's no tampon by-pass.

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The assurance of comfort.



Just as Rely's expandable sponges fit you gently, they also stay with you. As you move, bend, and flex throughout the day, Rely gently bends and flexes with you.

And its smooth plastic inserter with a tapered tip glides in easily, unlike those blunt-edge applicators that can pinch along the way.

So try to stop worrying about by-pass accidents, gaps, and stains. Try Rely. It's the only tampon with double-absorbing action. It even absorbs the worry.



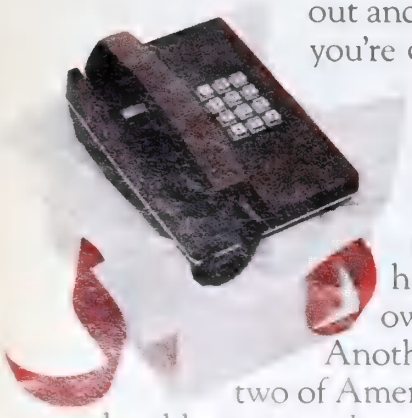
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I got four silver bowls, three peppermills, and something I'll use every day.



If it's indeed the thought that counts, count on giving a genuine Bell phone.

There's no more thoughtful way to reach out and touch the people you're close to.



Plus, at the Bell PhoneCenter Store, you'll find colors, shapes and styles to suit everyone's fancy. One phone hides in its very own box. Another features two of America's most lovable cartoon characters.

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For instance, if you're always on the phone, choose Call Waiting.



A little beep will tell you when somebody else is trying to call.

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IT'S FOR YOU

When you buy a Design Line® phone, you buy only the shell. Working parts remain our

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HELLEY WINTERS

continued

et decorator had dinner with me because I was a wallflower and he vas alone. The poor guy doesn't even own a pair of shoes."

"Honey," Ava said, "that 'poor guy' is Howard Hughes. And he's no set decorator, he's a millionaire, many times over. Everyone at the party is talking about what a fancy he's taken to you."

About three o'clock on New Year's Day, a man called me to extend an invitation from Mr. Hughes to join him for dinner and a movie that evening. I asked why Mr. Hughes didn't call me himself, and was told that he didn't like to speak on the telephone.

Howard Hughes rang the doorbell at six sharp. He was dressed in a tweed jacket with leather patches on the elbows, a sport shirt, baggy old slacks and his tennis shoes. I introduced him to my mother and father and my father soon suggested that Howard come down to the Peerless Pants Company, where he worked, to get a new jacket—one without patches on the elbows—$36 wholesale. Later, Howard told just that, and he also bought a few pairs of slacks, which my father sold him for $12 a pair. Of course, Howard didn't go to the factory himself; he sent an aide.

In the postwar period I was in New York appearing in the Broadway production of *Oklahoma*. Everybody was getting rich and giving parties. Cafe Society parties out on Long Island; musicians' parties in Greenwich Village; old-money parties on Park Avenue; ritzy parties at the Sherry Netherland Hotel; bohemian theater parties. At night, I went to them with the glamorous girls of *Oklahoma*.

It was at this time that I learned about the Actors Studio, which had been formed by talented Broadway players. They met several times a week to experiment with acting techniques that eventually became known as "The Method." The classes were taught by Elia Kazan; among his students were Maureen Stapleton, Montgomery Clift and Marlon Brando. And in the afternoons, when I didn't have a matinée, I would rush over to the studio.

Marlon Brando already had quite a reputation among theater people as a brilliant actor. He also had another extraordinary reputation, but I didn't think it could be true because when did he have the time? When he began rehearsing *A Streetcar Named Desire*, I asked him if I could watch Kazan direct. Marlon would mumble and stumble around, and the other actors would fluff; then, he would suddenly spark fire.

Marlon invited me to dinner one night after the show. There was a New York blizzard raging; I wore my sister's sheared beaver coat, two heavy sweaters, tights under my flannel slacks, ear muffs, mittens, lined galoshes and a woolen scarf. The apartment was really a cold-water flat; there was ice on the inside of the windows. Marlon, wearing a gray sweatshirt, was lifting weights. Greeting me, he told me to take off my coat. Feeling no warmer inside the apartment than out, I replied: "I'll keep it on." In fact, I was so cold, I ended up eating dinner wearing every layer I'd set out in, including my ear muffs.

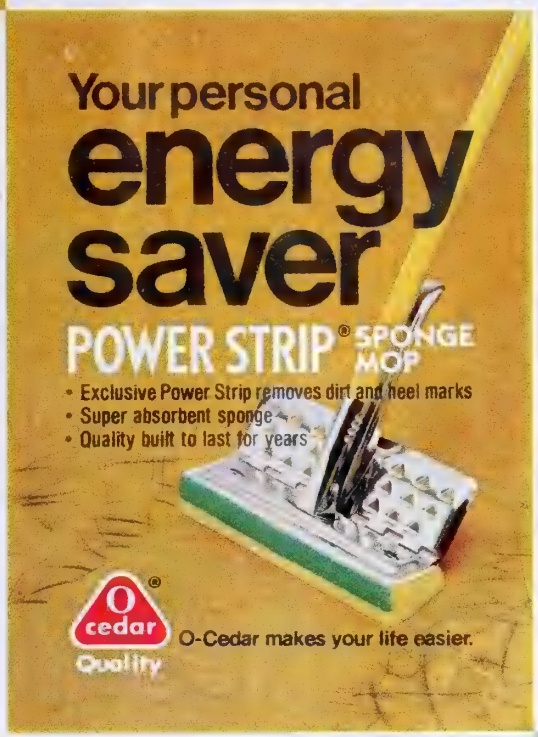
The apartment consisted of two rooms. The front living room had a double bed and a desk made of orange crates and bricks. The kitchen also had a double bed and a round, iron kitchen table with four unmatched chairs. I asked why he and his roommate, Wally Cox [TV's Mr. Peepers], hadn't gotten any furniture yet, and Marlon said, "Listen, Miss Rich Bitch, you're working in a hit Broadway show. I haven't worked in six months, and now I'm just getting rehearsal pay." Wally explained that he, too, hadn't worked in a year, and that without unemployment insurance, they would have starved.

When they finally served dinner, it consisted of canned tomato soup—made with hot, evaporated milk—cold cauliflower dipped in sour cream and heavy brown rice cooked with nuts, raisins and green peppers. Wally announced proudly that this was the first dinner party in their new apartment.

The reviews of *Streetcar* were phenomenal. "There has never been . . . a performance like the one Marlon Brando gave last night," one reviewer wrote. I understood the critic's fervor. When I went backstage to congratulate Marlon, he blushed with pleasure and said, "I don't think I was so hot."

While he was showering after the show, I examined the clutter on his dressing room table. Among a Charles Atlas muscle development book, several other volumes and about 100 pieces of paper with names and phone numbers, there was a large collection of room keys from every plush hotel in New York. When he came out of the shower, I asked him: "What are you doing? Preparing for a play in which you're a burglar?"

Grinning with delight, he told me that every famous woman in films, theater and café society who saw the play would come back to congratulate him and "accidentally" leave her key on his dressing table. During the week of previews, he said, he had already managed to use quite a few of the keys. I looked at the remaining dozen keys and decided to end my *(continued)*





The day takes a lot of vitamins out of you...









Mega-Vitamins puts them back.

It happens. Every day. You lose some of the most important vitamins in your body. Like vitamin C and the B complex vitamins.

These are the vitamins your body doesn't store, and they should be replaced every day.

Mega-Vitamins does just that. You take one tablet each day, and you get really potent amounts of these vitamins.



In fact, you get five times the ordinary supplement level of the B vitamins, and double the vitamin C. And you get all the iron of regular Geritol.

Put back the vitamins the day takes away, with Mega-Vitamins. It's from Geritol, so you know it's potent.



cautioned me against depending on Gable's catching ability, since he'd already had three double martinis.

"I could catch her anywhere, anytime, under any conditions," Clark retorted, and his famous sexy growl made me giggle like a teen-ager.

The party began in Flynn's den, and after his butler handed me a double martini in a silver goblet, I began to feel as though I was in a stylish movie. I couldn't tell who my date was—if it was a date—for both Errol and Clark were attentive and charming to all the girls.

Later, when we were having Irish coffee, a man carrying a doctor's bag joined the party and the men, one by one, went into the living room. I heard each of them yell "Ouch!" and then they came back buttoning their shirts and rubbing their shoulders. After the second "Ouch" I excused myself and peeked into the living room. Errol had his shirt off. The doctor was cutting a little flap of skin on the back of his shoulder and inserting a capsule into it. It seemed strange and to this day, no doctor has been able to explain it. But that's what I saw.

In the living room, where we were to have a private screening of a movie, we were all served enormous goblets of champagne and brandy. The lights went out and the MGM lion roared and, suddenly realizing that I was actually sitting between Clark Gable and Errol Flynn, all I could think was, "this must be some sort of fantasy." I was swooning like a heroine in a Victorian novel. About an hour into the movie, Flynn must have pressed a hidden button because a panel slid away and behind it, on a raised platform, was a huge bed covered with cream-colored satin sheets and pillows. On the ceiling above was a huge mirror and, as I watched, it, too, slid away so that I could see the stars and the moon through a flowering magnolia tree. Mr. Flynn held my hand tightly, whispered something romantic, but all I could think to respond with was, "I wonder what the poor people are doing tonight." Errol burst out laughing, and the panel slid back into place. To this day, I wonder whether I dreamt the whole thing.

Out of the blue one day, Errol announced that he would give a party in my honor to boost my career. "Clark Gable will be your escort; I'll get jealous, have a make-believe fight with him, and the press will have a field day."

"Are you sure this is a good idea?" I asked.

"Baby," he replied, "as long as they spell your name right, it's a great idea."

And so it went. Clark and I drove up to Errol's house in a Rolls. There were thousands of photographers and reporters, and every top star, producer, agent and studio head as well. They may have been confused as to why Errol was throwing the party for me, but since he gave so few, they all came.

Someone brought me a glass of champagne and whispered, "Stay calm, no matter what happens"—something I was told many times in the course of the evening.

I was somewhat annoyed at Errol for being busy playing host, but the feeling disappeared after Gable asked me to dance and held me close. We were doing a sort of rumba. He had just kissed me and was whispering in my ear when Errol cut in. Gable looked very annoyed but he gave me up, and I danced with Errol.

Then Gable cut in, and he and Errol had a few heated words. I began to feel the whole thing was silly. No one would believe that the two most desirable men in Hollywood would fight over me. *(continued)*

SHELLEY WINTERS

continued

relationship with Marlon. I didn't keep to my resolution.

Back in Hollywood, I became the resident "Blonde Bombshell" of Universal Studios; I would be their property for the next seven years, and those years would be some of the happiest of my life.

"Errol Flynn has been watching your work," Yvonne De Carlo, Universal's "Brunette Sexpot," told me one day. "He's having an informal dinner party and he would like me to bring you," she said.

Yvonne came to pick me up in a chauffeured limousine. She got very annoyed when I insisted on following her in my little red Pontiac. "Listen, Brooklyn," she said. "Errol is a perfect gentleman. Anytime you want to go home he'll send you in his limousine." She finally gave in and let me drive myself to the party. "All right, follow me to Shangri-la."

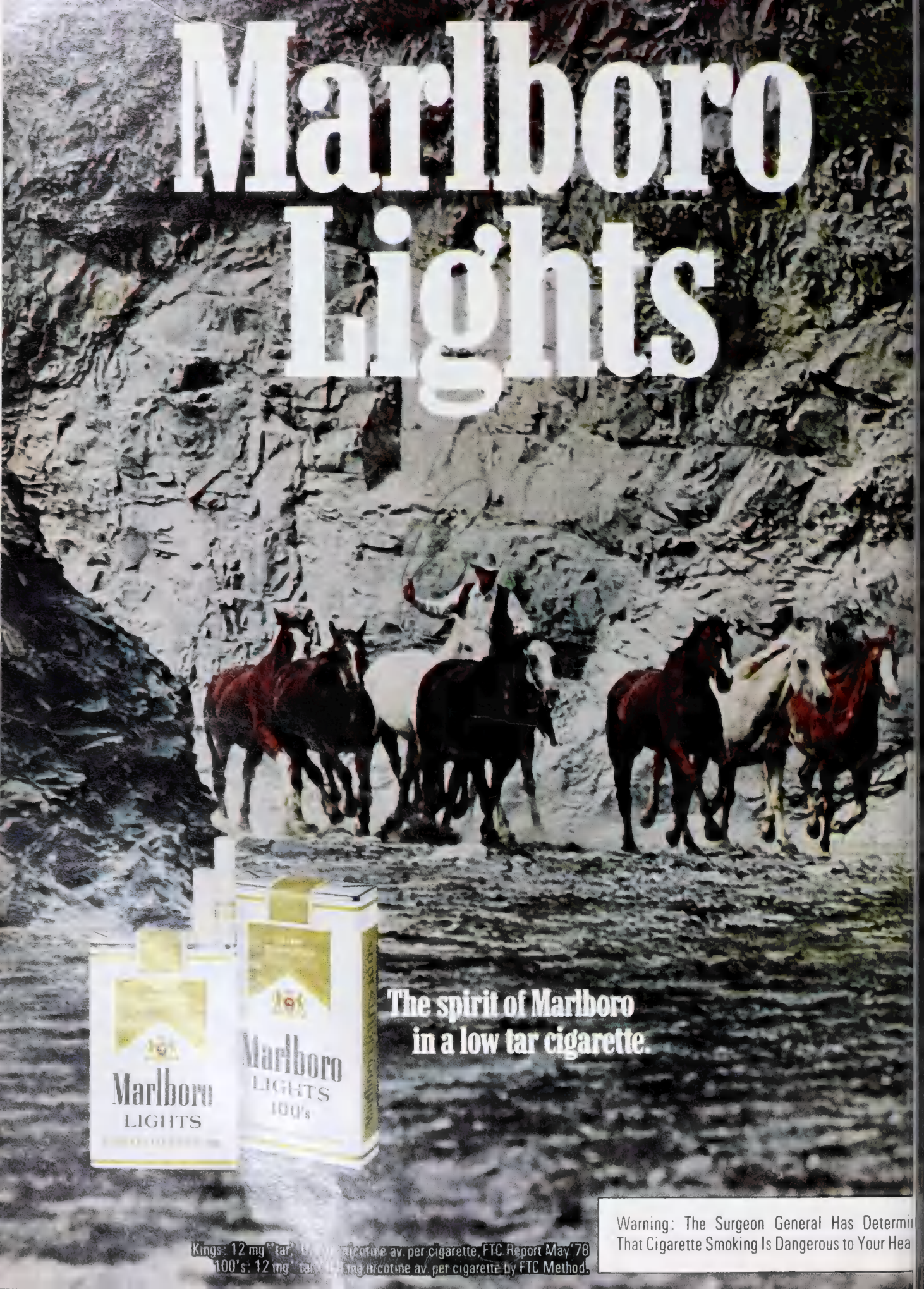
Mr. Flynn's house was surrounded by a six-foot stone wall; we drove through iron gates that seemed to open magically. And guess who opened the car door? Clark Gable! I literally fell out of the car. Gable caught me, but while he was trying to straighten me out, his watch got caught in my shawl (I should have known!). While he stood me upright on my three-inch heels, and took off his watch so that Yvonne could disentangle it, up walked Errol Flynn, even more handsome than in the movies. "That's one of the greatest entrances I've ever seen," he laughed. "Did you do it on purpose?"

"Of course, Mr. Flynn," I replied, lying. "I knew Mr. Gable would catch me."

He told me to call him Errol, and






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SHELLEY WINTERS

continued

hey would realize it was a silly hoax. uddenly I heard sirens approaching. omeone must have left the gates open ecause two police cars and three motor-cles almost drove into the pool. While veryone stood with their mouths agape, was arrested, handcuffed and put into ne of the police cars.

I was too dazed to do anything. The ulbs were flashing. Gable was trying to it one of the policemen. Then the raft in ne pool, with the musicians, overturned. s we drove away, I noticed a candle eing knocked over, and saw it ignite a blecloth. I couldn't help feeling I had ft Errol's house in flames and disaster.

I had no idea why I was being arrested. inally, someone managed to yell rough my sobs, "Don't you remember? ou promised to entertain tonight at a SO benefit. After you do some songs om *Oklahoma*, they'll take you home."

I asked a Universal publicity man if veryone was in cahoots over this. He ied to look innocent but failed misera-ly. When I got back to Errol's house, the ool area was in a shambles. Both Gable nd Flynn were quite drunk and laughing appily. I was enraged; my dream of eing honored at an important Hol-wood party had turned into a night-are. Flynn tried to say, "Darling, as ng as they spell your name right," but I uffed a mango into his open mouth and ot somebody to take me home.

The headlines from the Flynn party, helley recalls, made her "famous—or famous," and "angry and outraged."

After appearing in *Take One Step*, Uni-rsal sent me to New York to do publicity r another film. I was staying at the otham Hotel, and one night, I found yself getting into the elevator with Burt ncaster. We were nodding acquain-nces from the studio commissary, and s dressing room was next to mine. He as charming, funny, and I think one of e most gracefully athletic men I've seen; st watching him walk was a pleasure.

Burt casually mentioned that he had o tickets to *South Pacific*, a Broadway , and asked if I would go with him. I dly accepted.

As we went in, the crowd parted and shbulbs flashed, and when I voiced my easiness at the publicity that might se, Burt, who, after all, was married, ed to dispel it with these famous words: es, but my wife and I are not getting ng and are discussing separation."

The evening was enchanted. *South Pa-ic* was a romantically powerful show—n today, the record album of that great rformance overwhelms me—and both rt and I were weeping. My tears, I ld understand. But Burt was so ong; I couldn't imagine what chord the show had touched in him. He was rich, famous and at the beginning of a great career. He was married and had children and a beautiful home in Bel-Air. Why did the show make him so sad?

After what must have been the fifteenth curtain call, Burt carried me out of the theater to a gold carriage with a white horse and a driver wearing a diamond jacket—or so it seemed. We drove up Fifth Avenue, dined elegantly and talked for hours, and when we finally returned to the hotel, he asked me to his room to listen to records and share some fine old brandy.

I noticed a picture of his two young children, and I felt consumed with guilt. What did I think I was doing? He was a family man, and I resolved never to see him again. But my resolve didn't last.

This chance meeting proved to be the beginning of a long, but painful romance with Burt Lancaster. Despite the immediate and powerful chemistry between us, the love and the friendship, some wise part of me knew he'd never abandon his children while they were young and needed him. I silenced that voice at the time. On that lovely evening, I put all voices and doubts behind me and gloried in the fact that my Mr. Right had arrived.

There was a schizophrenic quality to my life then. I began rehearsing in Hollywood for my role as a poor factory girl in *A Place in the Sun*, but at night, I was the "femme fatale," the "other woman."

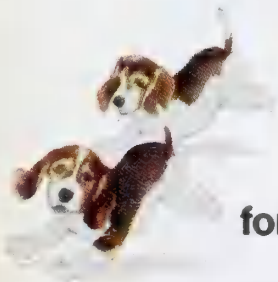
I may be giving the impression that our

(continued on page 166)



9 out of 10 agree: the best way meet his changing

That's the finding of a national survey among veterinarians by an independe dog food, veterinarians overwhelmingly agreed that the best way to feed a dog is meet your dog's changing nutritional needs at each important stage of his life. Re



Cycle® 1 DOG FOOD

for puppies up to 18 months.

During this crucial period, your puppy will reach ninety percent of his adult size. Pound for pound, he'll burn up one hundred percent more calories than he will as an adult dog. He'll need almost double the protein, vitamins and minerals to help encourage proper muscle, bone and teeth development. Your puppy should be fed a food that meets his growing needs. That's why you should feed him Cycle 1.

Cycle 1 is specially formulated for your puppy's smaller tummy and larger growing needs. Cycle 1's concentrated nutrition provides the extra protein and vitamins his energy level demands. Plus the extra calcium so necessary for strong bones and teeth. And equally important, while you're feeding your puppy Cycle dog food's special nutrition, you'll also be giving him a taste he'll love—in delicious crunchy nuggets or tender meaty chunks.

With Cycle 1, you'll know you're helping to give your puppy a healthy beginning in life. Because no other puppy food, canned or dry, can give him a better nutritional start than Cycle 1.

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Cycle® 2 DOG FOOD

for active adult dogs ages 1-7.

When your dog reaches adulthood, h nutritional needs chan significantly from those of a growing puppy. His food should be specially balanced for the way an active dog u protein, vitamins and minerals. Food that will help to keep an active dog liv and alert.

Cycle 2 is specially formulated for t active adult dog aged 1-7. For the wa he burns up energy and uses protein contains the correct balance of vitam and minerals his body requires to hel him stay lively and alert. With Cycle 2 you'll provide your dog with all the nutrition he is known to need during h active years.

Only Cycle® changes...for the lif

DOG FOOD

veterinarians
o feed a dog is to
nutritional needs.

earch company. While they weren't asked to recommend a specific brand of et his changing nutritional needs. Cycle® dog food was specifically developed to w Cycle helps keep your dog healthy and alert, now...and for the rest of his life.

Cycle® 3
DOG FOOD



for less active dogs who get too many calories.

less active dog may get needless a calories. But while you want to trol his caloric intake, you also t to give him a good tasting dog l that meets his nutritional uirements. And with Cycle 3 can.

ycle 3 is specially formulated for nutritional needs of less active s who require fewer calories. le 3 has all the protein, vitamins minerals an adult dog needs, but less fat and twenty percent fewer ries than the nation's leading d. So with Cycle 3, you feed your active dog delicious, full-sized ls that satisfy him completely, e reducing his total calories.

f your dog.



Cycle® 4
DOG FOOD

for dogs over 7 years.

When your dog is over seven, he may be as active as ever, but he's changing on the inside, where it's hard to see. His nutritional needs are changing; his digestive system becomes more sensitive, his need for vitamins and minerals increases and his kidneys may handle protein less efficiently.

Cycle 4 is specially formulated to meet the nutritional needs of dogs over seven. Cycle 4 is made with high-quality protein for their delicate digestions. With the extra minerals and vitamins a dog over seven needs to help keep his bones, teeth and kidneys functioning properly. Cycle 4 is all you need to feed your dog to help keep him happy and healthy in his later years.



SHELLEY WINTERS

continued from page 163

relationship was all back-street agony, but there was some wheat among the chaff. Burt and I were young and full of fun. Once we went to a nightclub and the maitre d' insisted Burt wear a tie, which had to be rented. Burt carefully put the tie on and then, just as carefully, took off his pants; there was no rule about that. (Fortunately, men's shirts had long shirttails in those days.) Then we sat down and ordered a sumptuous dinner with appropriate wines . . .

Shelley's lengthy relationship with Burt Lancaster finally came to an end after she read in a Hollywood trade paper that his wife, Norma, was expecting their third child.

Was Burt still in love with his wife? I felt faint. All I could think to do was go to the nearest bar and numb the pain. I was downing triple martinis when Marlon Brando appeared at my side and took me home. I took a long, soothing shower and, while I did, Marlon collected all the pictures I had of Burt—about 15 in all—and piled them on the coffee table. "What do you want to do with these?" he asked. With a small twinge, I replied, "The incinerator's just down the hall."

"Are you sure?"

I held my breath, but managed to say, "Yes, I'm sure."

Shortly after my breakup with Burt, Marilyn Monroe and I became roommates. We would often spend Sundays sitting around, playing classical records and chatting. On one occasion we spent an afternoon perusing the photos of the *single* leading men in the "Player's Directory." Marilyn, who was also recovering from an unhappy relationship at the time, said, "Wouldn't it be nice to be like men, just getting notches in your belt, having affairs with the most attractive men—and not get emotionally involved?"

I thought about it and said, "Why not? Anyway, I think the double standard went out with the second world war. There is no earthly reason why we shouldn't just concentrate on our careers and get involved with whoever's attractive to us, as men do."

Marilyn suggested that we draw up lists. Any actor, politician, musician, scientist or writer who appealed to us could be included. When we were finished, we exchanged lists. Mine was headed by Clark Gable and continued with Laurence Olivier, John Garfield, Irwin Shaw, Cary Grant, James Mason, Michael Redgrave and Eric Sevareid.

When I read Marilyn's list, my jaw dropped. She had included Zero Mostel, Eli Wallach, Charles Boyer, Jean Renoir, Lee Strasberg, Elia Kazan, Harry Belafonte, Yves Montand, Charles Bickford—who, I heard, didn't like girls, but she said, "I can try, can't I?"—Ernest Hemingway, Charles Laughton, Arthur Miller and Albert Einstein.

I was astounded. "Marilyn! There's no way you can have a love affair with Einstein. He's the most famous scientist of our century, and besides, he's an old man!"

"That has nothing to do with it," she said. "I hear he's very young for his age."

I don't know how many of her choices she achieved, but after Marilyn's death, a large, framed photograph of Einstein was found among her possessions. On it was written: "To Marilyn, with respect and love and thanks, Albert Einstein."

Christmas parties at the studios were, as you might imagine, baroque affairs. Martinis were made with real Russian vodka brought straight from Moscow; by midnight, all the dignified producers were dancing on the desks and the directors had already passed out.

One Christmas, I was drinking vodka out of a 15th-century goblet when actor William Holden swept me into his arms. And I don't know how it happened, but from the dance floor I landed in his dressing room. I awoke at four A.M. with a terrible headache, wondering what was in the vodka. I stumbled around, made some black coffee, but no matter how I tried, I couldn't wake Bill. There was a



sink down the hall with a long spray hose, so I let the water run as cold as possible and sprayed him; he woke up, ready to kill me. I brought over black coffee and reminded him that it was Christmas. "Mr. Holden," I said, "don't you have children at home?" I kept thinking of those poor children waiting for their presents. He looked around groggily and gulped down the coffee. As he drove away into the dawn, he shouted, "By the way, what's your name?"

The next year, the Christmas parties were on again, and as I looked for a parking place, I saw Bill standing in the doorway of his dressing room. He was waiting for me even though we hadn't seen or spoken to each other all year. How did he know I'd be there?

Bill ushered me in to the dressing room, and I saw a beautiful dinner set out on the coffee table, champagne in the cooler, flowers all over. He kissed me and said, "I've been waiting for you all year."

"I'd love to have dinner with you," I told him, "but I've made other emotional commitments this year."

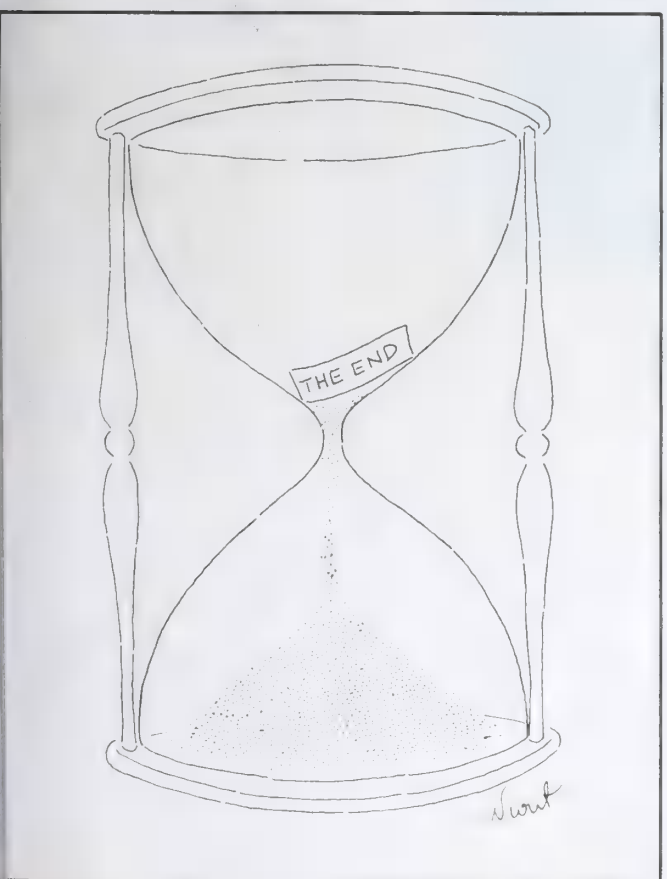
"I'm sure," he said, "but can't you at least open your present?" On one of the dinner plates, there was a long, thin package containing a beautiful diamond watch. I was shocked.

Thus began an annual Christmas rendezvous between Shelley and Bill Holden that continued for seven years.

My relationship with Frank Sinatra was never this constant. In fact, we had trouble making it last a day. I played opposite Sinatra in *Meet Danny Wilson*, a comedy-drama in which he played a crooner. I had four numbers to do with him and only four days to learn them. Why did I have to prepare for this film in such a hurry? The best information I could get was that Mr. Sinatra's career was at low ebb, and that he urgently needed the money.

Our association began with a note from Frank suggesting that we rehearse in his dressing room; feeling somewhat miffed by his lordliness, I sent one back saying that this was *my* studio, and we would rehearse on stage. He arrived on the set 15 minutes late, looking as though he were ready to chew me up and spit me out. It went downhill from there.

Sinatra was in the process of divorcing his wife, *(continued)*



Look what's cookin' inside a new Sunbeam Frypan...



recipes, a coupon and no greasy taste ...from Crisco Oil.

Now when you buy a Sunbeam Electric Frypan you get a lot more than a terrific pan that's easy to use and clean. You get a coupon worth 25¢ toward Crisco® Oil, and a recipe booklet of exciting meals you can fry with no greasy taste.

Your family will love Crisco Oil fried foods 'cause they don't taste greasy. You'll love your new Sunbeam Electric Frypan's premium non-stick cooking surface that cleans easily and resists scratching and abrasion. This means no more scrubbing, scouring or soaking after you make your favorite dishes.

So c'mon...team up with two of the most trusted names in frying, Sunbeam Electric Frypans and Crisco Oil.

Crisco Oil has agreed with Sunbeam to feature their Electric Frypan in Crisco Oil advertising.

SHELLEY WINTERS

continued

Nancy, to marry Ava Gardner (a difficult decision at the time for a Catholic), and psychiatrists, priests and his young children were always visiting him on the set or in the commissary. Frank would be so upset and disturbed after these visits, that he couldn't hear anything anyone was saying to him.

There was one particular argument I had with Frank that was so vicious, the *mildest* things we said to each other were, "you bow-legged bitch of a Brooklyn blonde," or "you skinny, no-talent, stupid Hoboken . . ." Frank flew into such a terrible rage that despite the gorgeous costume I had on for the scene, I screamed like a fishwife and, I think, slugged him. For a moment, I thought his makeup man/bodyguard was going to shoot me—I suspected he carried a gun—but I guess I was lucky; Frank just slammed into his limo and roared away (maybe he went home and hit Ava Gardner).

When I got home that night, I called Western Union and sent Sinatra a three-page telegram with copies to his agent, my agent and Universal Studio's board of directors. When I was through dictating it, the telegraph operator said, "Miss Winters, why don't you sleep on this; if you feel the same way tomorrow morning, I'll send it."

"Send it now!" I shouted.

The next morning my agent called to tell me that a meeting was set with Sinatra, his agent and Universal's brass. But I refused to go unless they spoke to us separately. At the meeting, Leo Spitz, Universal's financial wizard, told me that all of Hollywood was saying I could expect to be nominated for Best Actress for my role in *A Place in the Sun*, and h advised me to behave in a dignified fash ion in view of the rumored Oscar. "M Sinatra is going through a terrible perio in his life and career," Spitz added. "He going against all his religious training. H has periods when he loses his voice, an it terrifies him."

I meekly agreed to resume shooting.

I don't know what Spitz told Sinatr but everything went just fine . . . unt the final scene. Frank's closing lines wer supposed to be something sweet lik "I'll go have a cup of coffee and leave yo two lovebirds alone," in response to m falling in love with another man. But o his own he changed the line to, "I'll hav a cup of Jack Daniel's or I'm gonna pu that broad's blond hair out by its blac roots." I immediately stormed off the s and stayed home for two days with th phone shut off.

Finally, I received an urgent messag from Nancy Sinatra, via Marilyn Monro to call her. When I did, she was in tear "Shelley, if Frank doesn't get the mone for the picture, the bank might foreclos on the mortgage; my children are goin to be out in the street. Please, finish th picture."

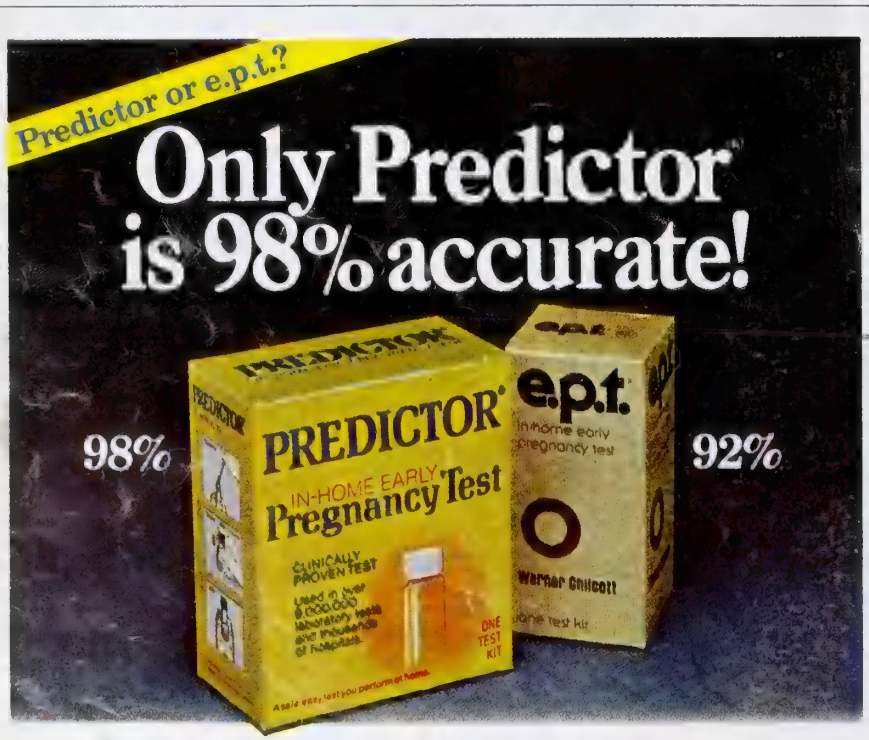
"Okay, Nancy," I said.

That year, Sinatra had a weekly telev sion show, and at the close of each ep sode, instead of ending it like Jimm Durante, who said, "Good night, Mr Calabash, wherever you are," he wou say, as if he were cursing, "I leave yo with two words—SHELLEY WIN TERS." This continued until my lawy contacted his lawyer, and after weeks threats, Sinatra finally stopped, but prob ably because he didn't want to give me a that free publicity. Ah, well, the fires youth. I never have really good figh with anyone anymore.

In recent years, Frank Sinatra and have mellowed. He always invites me his openings at Caesar's Palace, and always go. For me he will always be on of the great entertainers of our time.

On an around-the-world publicity tou in 1952, Shelley Winters met the leadin Italian actor Vittorio Gassman. The subsequent marriage was a stormy affa that lasted only a short time after th birth of their daughter, Victoria, cu rently a 27-year-old teacher in New Yor Shelley and Gassman remain clo friends. A third union, this time wi Tony Franciosa, also ended in divorce. admit," Shelley has said, "I'm not cut o for marriage.

Shelley Winters and Shirley Schrift a now firmly fused together. In this jou ney, perhaps I've sometimes been vagu about what took place in which year, b conversations of long ago have come ba almost word for word. All the things I' written about are exactly as they ha pened. Some things are even exactly as wish they *hadn't* happened. **En**



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1 tsp paprika
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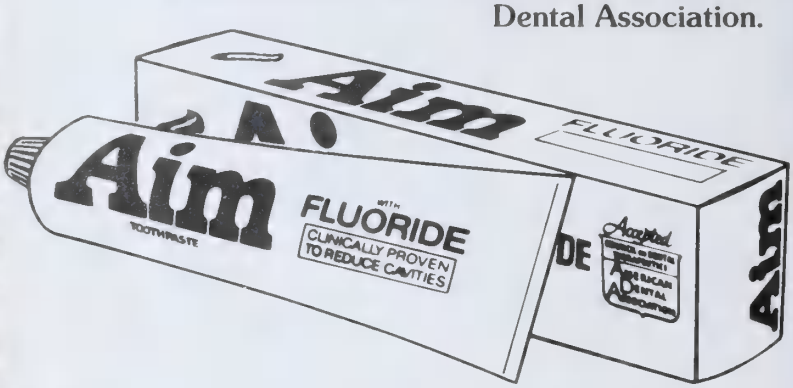


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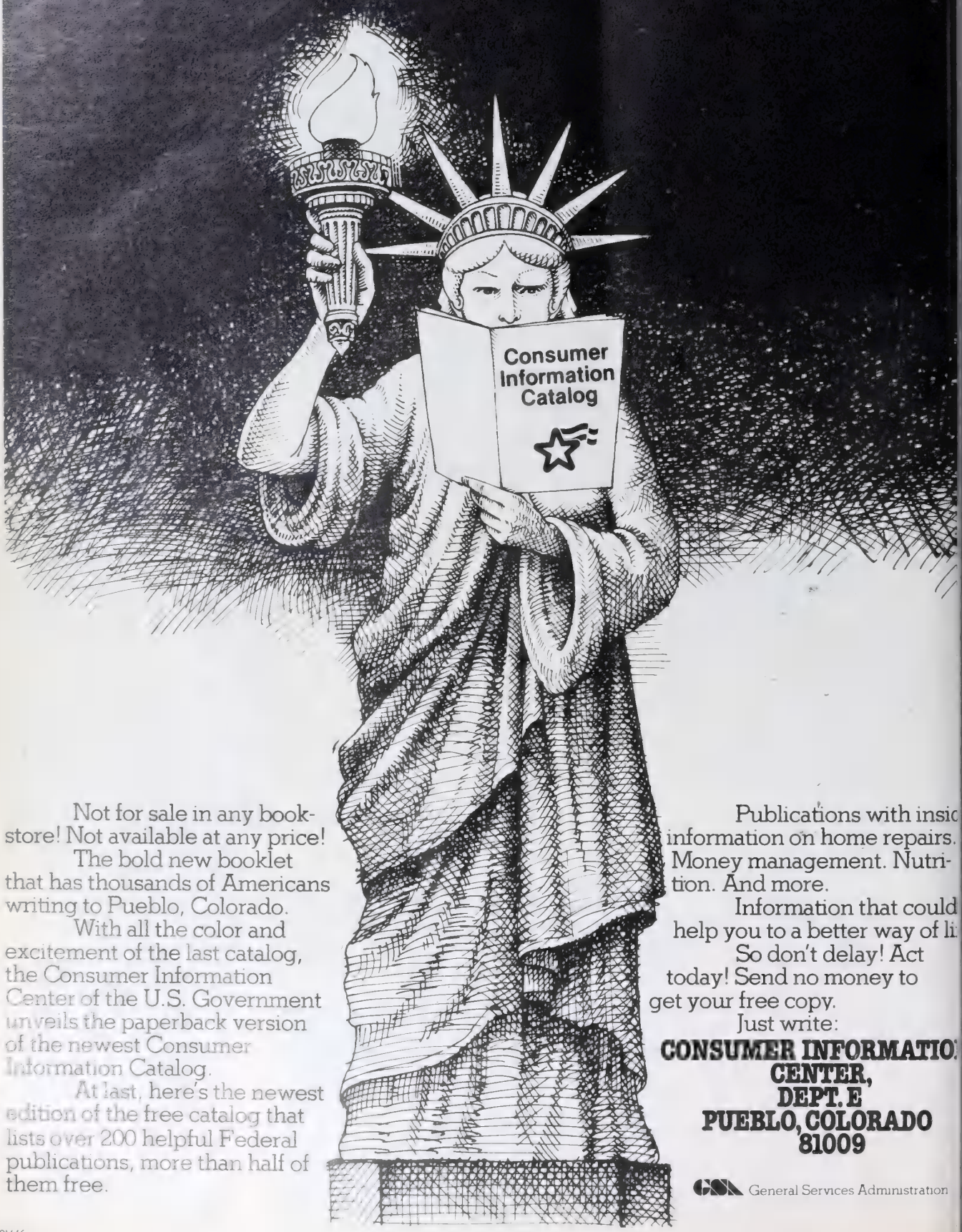
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OW/6

Your Father/ Yourself

continued from page 101

The Gallup researchers polled young athers as well as fathers in their 50s and lder. They interviewed women between he ages of 18 and 34—young enough to e the daughters of the older group of athers—and women from 35 to 45 years ld. The findings are full of surprises. In nany ways this report offers an encouragng profile of the average American male arent, although those of us who are conerned with the future of the family will nd some of the results disappointing and orrisome. We feel certain that this fasinating report will reveal to every oman something about her very special elationship with her father.

re today's fathers very different from he fathers of a generation ago?

You might guess that the answer is yes ue to the changing status of women and he fact that so many mothers are now in he work force. The natural result would e a new kind of father, one more inolved with his children. But you would e wrong.

Fathers have changed, and are still hanging, but the changes are few and, in ost respects, the changes are minor.

Younger fathers are taking more reponsibility for child care than older faers did, and this is the area in which he differences betwen the two age roups is greatest. However, half the faers of a generation ago said they had anged, fed and bathed their infant aughters either regularly or fairly ten—more often than is commonly real-ed. Only a third said they did so no ore than occasionally, and only one in 2 said never. Daughters, though they rely can't remember the days of diaperanging clearly, if at all, confirm these gures: They remember being fed and athed very often by their fathers.

If these figures seem high, say the allup statisticians, it may be that fathers nwittingly exaggerate their participation child care because they feel they *ould* have done these things—although he testimony of the daughters makes the caggerations seem limited.

In any case, child care is an area in hich younger fathers have, to some dee, moved with the times: Two thirds of em perform these tasks either regularly often (twice as many do so regularly as mpared to the older group), only a uarter do so no more than occasionally, nd a mere three percent never do so at l.

But beyond the changing of diapers nd other physical caretaking, the generion gap all but disappears: There are no her significant differences in the funcons performed by the *(continued)*

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Your Father/ Yourself

continued

fathers of yesterday and those of today. In both generations, roughly nine out of ten fathers regularly or often played with their daughters, two out of three nursed them through illnesses, three out of four took them on outings and longer trips and taught them various skills, and one out of two read to them and talked to them about their problems. Disappointingly, there was also no change in the number of fathers who discussed sex with their daughters in any helpful way: Only one in four of the older men, and even fewer of the younger ones, did so (although this may, in part, be due to the fact that many of their daughters are still quite young).

Those daughters whose fathers were most giving and attentive spoke of them with a special warmth and tenderness. As one 34-year-old graphic designer told us: "Every evening, when my father came home from the university, he was one hundred percent with us, right up until our bedtime. He took over while my mother, a teacher, did her own work, preparing for the next day's classes. Father would even let us join him at his hobby, which was painting. He never let his interests come before us." Younger fathers who give that much love can look forward to that kind of appreciation from their daughters.

Do women believe they had good fathers? How do fathers feel about themselves as parents?

Well over three out of every four 18- to 34-year-old women surveyed said that their fathers were loving and affectionate, good companions, valuable educators and interested, concerned friends. More than four out of five saw their fathers as dependable, reliable and protective. Men old enough to be fathers of these women described themselves in very much the same way.

Yet four out of five young women classified their fathers as strict disciplinarians —and fathers, both young and old, said the same thing about themselves. This did not hurt the father-daughter relationship, however, for the great majority of the women said that during their grade-school years they loved, admired and respected their fathers. Only one out of four said she had feared her father, and only an occasional woman reported having hated him.

The positive feelings—love, admiration, respect—declined somewhat as gir reached their teens. During these year one girl in nine hated her father, and on in five felt indifferent to him.

Although it is no surprise that som girls, once they're in their teen year feel more hostile toward their fathers, is surprising that this feeling was re ported most often by the very youngest the women surveyed: the 18- to 24-yea olds. One out of seven of these wome used the word "hateful" to describe he dominant feeling for her father at th stage in her life, while only half as man women in the 35- to 45-year-old grou reported having felt this way. Does th mean that the quality of fathering ha been deteriorating? On the contrary, fa thering has, in some ways, improved.



It's possible that the older women cannot recall their anger as easily as the younger women—the passage of time often softens memories. It's also possible that younger women recognize and feel freer to express their hostile feelings than older women do. Finally, and this may be the most important factor, women's expectations have changed. Women who were in their teens 20 years ago may not have expected as much of their fathers as women who were in their teens only ten years ago. Some of these younger women were obviously disappointed.

What are women's biggest complaints about their fathers?

Our survey asked about the many ways in which fathers might have failed or disappointed their daughters. Most of these queries elicited few responses from daughters. Even in those areas that drew the most complaints, only a minority of women were represented. The most common complaint was that fathers spent too little time with their daughters, but this came from less than a third of the sample. About a quarter felt their fathers had made too little effort to understand the problems of a growing girl, and about one fifth said their fathers had been too critical, or not affectionate enough, or had been too restrictive during their dating years. Only one woman in eight complained that her father had considered child care "women's work," and fewer than one in ten said that their fathers had failed to support their desire for education or a career, or had been ungenerous with money.

Do well educated, financially secure men make the best fathers?

Our sample showed that college-educated and economically better-off fathers, although they can provide their daughters with material and intellectual advantages, spend the least amount of time with them, do the fewest things for them, and seem the least outwardly loving. For example, in families with incomes of less than $10,000 a year, 38 percent of the men regularly fed, bathed and changed their daughters. But in families with incomes over $20,000 a year, only 28 percent of the men performed those tasks regularly. Among the less affluent men, 66 percent rated themselves very loving and affectionate but only 52 percent of the more affluent men did so.

Perhaps career pressures do not allow the more successful man much time for fathering so that he is also less emotionally involved as a parent. Another explanation, which is supported by many of our interviews, is that in recent years the pervading philosophy of the "me" generation may have led some of the better-educated and more successful men—and possibly women, too—to be more concerned with personal growth and fulfillment than with effective parenting.

The complaint of this woman about her husband, a well-paid government official, was typical: "My father never went to college and he worked hard to earn a living, but he *made* time for me and my sister. My husband has it a lot easier but he spends almost all his free time at sports, especially tennis. If he could just turn our daughter into an athlete, he'd be glad to spend time with her." Even those successful men who did devote some of their leisure time to their daughters admitted that it was less than it should be.

Still, among today's young fathers—including the economically successful ones—there are many who sound a more positive note. One man, a teacher, said proudly, "I'm much closer to my daughter than my father was to my sisters. She sees me as a person, she

(continued)



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Your Father/ Yourself

continued

sees me much less as an authority and much more as a fri
And another young father, speaking of the qualities he
and disliked most in his nine-year-old daughter, conclude
saying, "The fact that my child's a *female* has nothing to do
the way I feel about her. I see her as a person, not a girl.

**Does the quality of a man's marriage affect his relatio
with his daughter?**

It's often said that a man will compensate for a poor ma
relationship by becoming closer to his daughter, perha
make her an ally against his wife. If this is ever so, it mu
rare because the survey data show, and very convincingly
the father who is most satisfied with the job he did as a p
is very likely to have had a good marriage, and vice versa

Of the fathers who rated their marriages as excellent, r
three out of four said they would make few or no chang
their fathering if they had it to do over again, and only o
four would make some or many changes. But of those me
had poor marriages, the situation was the reverse: Only o
ten would make few or no changes, and nine in ten
make some or many.

Which parent did daughters feel closest to during childh

Despite the generally favorable memories women ha
their fathers, today's young women said that all through
childhood years they felt closer to their mothers. This was
pronounced in the preschool years, when four times as
felt closer to their mothers than their fathers. In eleme
school, the ratio was only slightly lower—over three to
and in the teen years it was a little under three to one.

Very few of the women identified with or wanted to b
their fathers: Only one in five felt this way in her eleme
school years, and only one in six in her teen years. W
identify with women. We found this as true of the younge
to 24) women in the sample as of the oldest (35 to 45).

**Did fathers and mothers pass along the same traits and
to daughters?** *(conti*



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Your Father/ Yourself

continued

Our poll shows that it was fathers, far more often tha mothers, from whom daughters learned sportsmanship, cou age and respect for hard work. It was mothers, by a three-t one margin, from whom daughters learned tenderness an affection, and gained their religious and moral values. B parents are equally responsible for passing on trustworthines self-reliance, a sense of self-worth, self-respect, and ambitio the last of which is often expected to be principally a mal related trait.

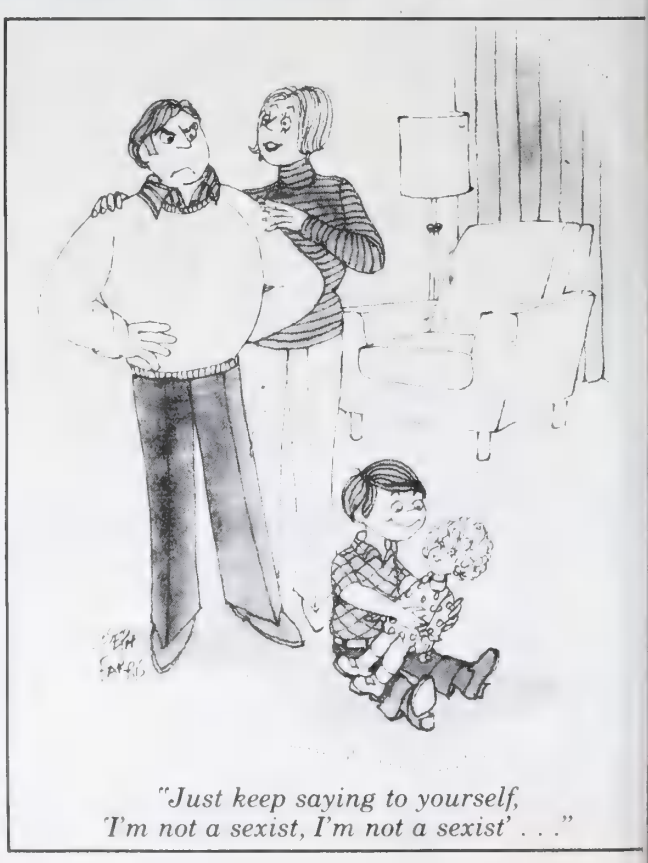
If anything is surprising about all this, it is that fathers ar mothers, despite the breakdown in traditonal roles that is no taking place, still specialize when it comes to passing on trai and values. As one of our young fathers—old enough, howeve to have a teen-age daughter—explained: "My daughter looks me for guidance, goals and lifestyle. She looks to her moth for personal advice, and for sharing romantic and emotion matters."

Do fathers want their daughters to have a happy marriage a successful career?

This is one of the areas in which men are definitely movi with the times. Among the older fathers, four times as ma said they would prefer to see their daughters in a hap marriage (63 percent) than a successful career (16 percent). T younger fathers were more equally divided on this question: percent for a happy marriage, 24 percent for a successful care and the remainder undecided—most likely, their daughters a too young for them to have thought about this.

Said a 34-year-old father who found it hard to make a choic "I couldn't make that kind of decision for her—only she c make it. If she wants one or the other, or both, I'll want it f her, too."

Although most men old enough to be their fathers said th would prefer a happy marriage to a successful *(continue*



"Just keep saying to yourself, 'I'm not a sexist, I'm not a sexist' . . ."

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5 reasons more women use it than any other birth control foam.

1. Effective
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Your Father/ Yourself

continued

career for their daughters, not so many of the young women thought that to be the case. Considerably more women thought that their fathers would have liked them to have a successful career.

When these findings are broken down by marital status, it turns out that of those women who do have an opinion of what their fathers would have chosen for them, the majority of the married women think their fathers preferred marriage for them, and the majority of the single women think their fathers preferred a successful career for them. This may be the result of wishful thinking—that is, women want to believe that they have pleased their fathers. Or it could be that some of these women were strongly influenced by what their fathers wanted them. Perhaps girls growing up today not feel as impelled to respond to ental pressure. And if young fathers f the promise they now show, there *wi* less pressure.

Do fathers spend more time with t sons than with their daughters?

This was an unexpected finding. A tle over half the women surveyed

(continued on page

CANDY STORE COLORS

continued from page 107

Journal Shopping Center

FASHION: CANDY STORE COLORS

1. Soft leather clutch with frame closure by ROBERT BESTIEN, $52. At Maison Mendessolle, N.Y.C. & San Francisco; L.S. Ayers, Indianapolis.

2. Plastic beads on a 16" single strand from SEARS, $6. See Sears Spring/Summer Catalog.

3. Purple 4-strand pearlized bead necklace by LECOUR/JOHNSON, $4.50. To order by mail send $4.50 (add sales tax where applicable) plus $1.50 postage to: Lecour/Johnson, 389 Fifth Avenue, N.Y., N.Y. 10016.

4. Braided cotton multi-color belt from JCPENNEY, $6. At most large JCPenney stores.

5. Multi-color mules by HUSH PUPPIES, $30. At all Hush Puppies specialty stores. For more information contact: Timothy L. Shepherd, Wolverine World Wide, Rockford, Mich. 49351, (616) 866-1561.

6. Colorful bangles by LECOUR/JOHNSON, $5 each. To order by mail send $5 (add sales tax where applicable) plus $1.50 postage to address, no. 3.

7. Sling-back leather sandal by GAROLINI, $88. At Bloomingdale's, N.Y.C. For more information write: Gladys Cutler, Garolini Shoes, 4 West 58th St., N.Y., N.Y. 10019.

8. Plastic framed sunglasses by RIVIERA, $15. At leading department and specialty stores.

9. Plastic turquoise sunglasses from JCPENNEY, $14. At most large JCPenney stores.

10. Colored lucite choker by RED COBRA, $12. For information write: Red Cobra, 389 Fifth Avenue, Rm. 606, N.Y., N.Y. 10016.

11. Soft vinyl box bags with shoulder straps by WALKER AT RED BALL, $17 each. At Macy's Herald Square, N.Y.C.; Hattie, Birmingham & Detroit, Mich., & Palm Beach; Chicken Little, San Francisco.

12. Pearlized nugget necklaces in assorted colors by CAROL FOR EVA GRAHAM, 24" length $7, 16" length $5. For information write: Eva Graham, 417 Fifth Avenue, N.Y., N.Y. 10016.

13. Multi-colored "butterfly" necklace by DAPHNE, $12. For information contact: Herbert Bookstein, Daphne, 24 East 38th St., N.Y., N.Y. 10016.

14. Soft leather bag with leather side snap and shoulder cord handle by ROBERT BESTIEN, $68. At Maison Mendessolle, N.Y.C. & San Francisco; L.S. Ayers, Indianapolis.

15. "S" shaped pins in orange and purple by CATHERINE STEIN, $7.50 each. At Saks Fifth Avenue, all stores.

16. Turquoise stretch straw belt with matching lucite buckle by OMEGA FASHIONS LTD., $8. For information contact: Omega Fashions Ltd., Customer Service Dept., 387 Park Ave. S., N.Y., N.Y. 10016.

17. Soft leather belt with shaped buckle by MORRIS MOSKOWITZ, $22. At B. Altman & Co., N.Y.C.; Marshall Field & Co., Chicago; Joseph Magnin, San Francisco.

18. Cotton multicolor sash with wooden buckle by MORRIS MOSKOWITZ, $17. At B. Altman & Co., N.Y.C.; Swanson's, Kansas City, Mo.; Joe Brand, Laredo, Tex.

19. Leather belt by MORRIS MOSKOWITZ, $23. At Bergdorf Goodman, N.Y.C.; Swanson's, Kansas City, Mo.

20. Necklace of hearts dangling from bright beads by DAPHNE, $5. For information see number 13.

21. Vinyl open tote with inside zipper pocket by RONAY (also available in turquoise, pink and red), $27. For information write: Ronay, 1 East 33rd St., N.Y., N.Y. 10016.

22. Hand-crafted oval combs by BONWILLUM, $20 each. For information write: Meg Carmody, Bonwillum, 104 West 27th St., N.Y., N.Y. 10001.

23. Plastic necklace of multicolor geometrics by RED COBRA, $16. At Henri Bendel, N.Y.C. For more information see number 10.

24. Grape sunglasses from JCPENNEY, $14. At most large JCPenney stores.

25. Heart-shaped sunglasses by PRIVATE EYES, $18. At A & S, all stores; The Denver Dry, Denver; Bullock's, L.A.

26. Assorted button pins by EASY ACES AT RED BALL, $5 for box of 10. At Macy's, Herald Square, N.Y.C.; Mark Keller, Birmingham, Mich.; Fred Segal, Hollywood, Calif.

27. Leather clutch with metal trim from JCPENNEY (available in other colors), $24. At most large JCPenney stores.

28. Scallop-topped chignon pins by RIVIERA, $3 each. Available at leading department and specialty stores.

29. Striped wooden bracelets by CAROL FOR EVA GRAHAM, $4. Available at B. Altman & Co., N.Y.C.; Lazarus, Columbus, Ohio; Buffums, Southern Calif.

30. Canvas belt trimmed with turquoise cor ELEGANT, $14. At Henri Bendel, N.Y.C.; The pian Shop, Chicago. For more information Dynamic Industries, 218-05 Grand Central Pky maica, N.Y. 11427, Dept. LJ23.

31. Calf and snakeskin bag with frame closir MORRIS MOSKOWITZ, $150. Available at Fifth Avenue, N.Y.C.; Elaine Shop, Bal Har Atlantic City and Houston.

32. Assorted colored straw bangles in 2 widt RED COBRA. Wide bangle, $6; narrow, $4. bangles available at Gimbel's, N.Y.C.; Burd Miami. Narrow bangles at Burdine's, Miami. more information see number 10.

33. Necklace of multicolor straw coils by COBRA, $15. For information see number 10.

34. Hair comb with straw coils by RED COBRA At The Higbee Company, Cleveland; Joseph Ma San Francisco. For more information see numbe

35. Patent vinyl belts from SEARS, $7. See Spring/Summer catalog.

36. Soft nappa leather box bag with double str ROBERT BESTIEN, $68. At Maison Mendes N.Y.C. & San Francisco; L.S. Ayers, Indianapol

37. Clip-on bead earrings from SEARS, $3. See Spring/Summer catalog.

38. Graduated pearls in romantic pastels by C ERINE STEIN, 30" strand, $15; 15" strand, $1 Available at The Little House, Richmond, Thalheimers, Richmond, Va. To order by mail $15 or $10.50 to Catherine Stein, 417 Fifth Ave., N.Y. 10016; ATT: Joan Weissman.

39. Slip-on enamel cuff bracelet from SEARS, $3 Sears Spring/Summer catalog.

40. Pearlized pastel pierced or clip-on button ea by CATHERINE STEIN, $6. To order by mail $6 to address, no. 38.

41. Open-toe pump by GAROLINI in butters piped with orange (also in mauve piped with $92. For information address see number 7.

42. Handpainted wooden small bead choker by WILLUM, $22. For information see number 22

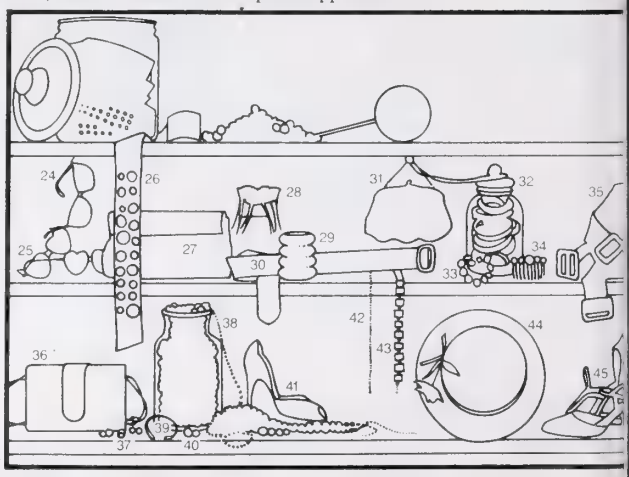
43. Art moderne cube necklace in plasti DAPHNE, $12. For information see number 13.

44. Peppermint green straw hat (also in yellow). JCPENNEY, $10. At most large JCPenney store

45. Closed toe, open back shoe by LIFE STR $29. At B. Altman & Co., N.Y.C.; Lazarus, C bus, Ohio; Sanger Harris, Dallas; Emporium Francisco.

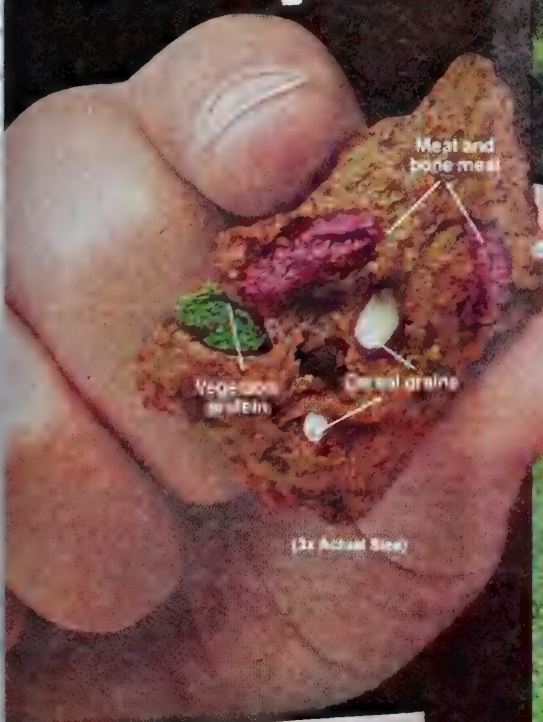
All prices approximate.





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ONLY 6 mg tar

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Quilt Craft

continued from page 109

GENERAL DIRECTIONS

For all items pictured on pages 108-109 you will need a front and back piece of fabric as specified under individual instructions, plus 3 matching pieces of Fairfield's Bonded polyester batting. For pot pads, 2 extra pieces of fleece will be needed. Designs are painted on front piece and then placed over 3 thicknesses of fleece. Pin or baste together and use as one. Machine or hand quilt around outline of design in matching thread.

To enlarge design: Follow scale markings on pattern illustrations for standard enlarging or use a commercial enlarging copying machine.

To transfer design: For light-colored fabrics, place full-size design under fabric; lightly trace with pencil on right side of fabric. For darker fabrics, place design over dressmaker's transfer paper on right side and trace with pencil or tracing wheel. Vary cat features as desired.

To paint design: Use any acrylic or textile paint in colors shown, or of choice. We used Illinois Bronze Accent Acrylic, in jars. Have small paper cups for mixing, two brushes, one pointed for details, one flat for main parts of designs. For lighter colors, mix paint with water to thin. For dark colors, use paint as is or thin slightly. Too thick a paint will crack as will too many layers of paint. Test first. Paint carefully. Do not fold or brush painted areas.

Note: Acrylic paint is colorfast to GENTLE washing and some dry cleaning. Test first. Follow directions for textile paint.

PLACE MAT

Finished size: Approx. 15" × 19"

You will need: Fabric with woven square design. Size of squares and width of fabric will determine size of mats. Approx. 1 yd. will make 2 place mats. Have an uneven total number of squares. Do not paint corner squares. As shown, there are 6 painted full squares on the long side of place mat, 4 fulls on the short side. Corners will have an extra painted half-square on each side. See General Directions (above) to complete front side. With right sides together, stitch around through the middle of row with painted half-squares. Leave a small opening. Turn, press and sew opening closed. Hand or machine quilt on both sides of long painted squares.

POT PAD

Finished size: Approx. 8" × 8"

You will need: Woven square fabric as for place mat, 5 squares × 5 squares plus ½" seam allowance on all sides for front; cut back piece 1½" larger than front piece. Cut batting ½" wider than front piece on all sides. Complete front by painting design and quilting to outline all squares. Pin 2 additional thicknesses of fleece to back of painted section. With wrong sides together, center front over back. Turn under ½" seam allowance on back piece and bring over front piece, enclosing raw edges. Hand stitch in place.

BIRD AND BUDS PILLOW

Finished size: 14" × 14"

MATERIALS: 1 yd. polka dot fabric, pillow form or stuffing, 9" zipper, paint.

Cut 1 front piece 15" × 15"; 2 back pieces 15" × 8½". Cut a ruffle 84" long × 6" wide. Piece as necessary for length. Ruffle will be 1½ times the measurement around pillow. Follow directions to enlarge pattern (this page). Trace and paint the full-size bird and buds on pillow front. Sew short ends of ruffle together; fold in half lengthwise and gather on ½" seam line. Pin ruffle to right side of front piece. Space gathers evenly. Clip corners, if necessary.

Finishing: For zipper closing, with right sides of back together, sew a 1" seam on 15" edge, leaving a 9" opening in center. Press seam allowance flat. Pillow back will now be the same size as front. Center the zipper under the opening and stitch completely around. Open zipper. With right sides of front and back together, stitch around in a ½" seam, enclosing ruffle. Turn right side out. Stuff with pillow form or stuffing.

QUILT SQUARES PILLOW

Finished size: Approx. 16" × 16"

MATERIALS: ½ yd. fabric with any suitable woven square design (as shown, white fabric has 1¼" squares outlined in gold), 9" zipper, pillow form or stuffing.

Follow photograph to paint color and square design, or as desired. Quilt on all lines. See finishing instructions (above) to complete pillow.

CAT PILLOW

Finished size: As shown, stuffed, 13½" × 14½", or use pillow form and make 14" × 14".

MATERIALS: Approx. ½ yd. fabric in a green leafy pattern (we used Waverly Fabrics' "Singing Clouds, Jade"), 1½ yds. 3"-wide eyelet trim for ruffle, 9" zipper, pillow form or stuffing, paint.

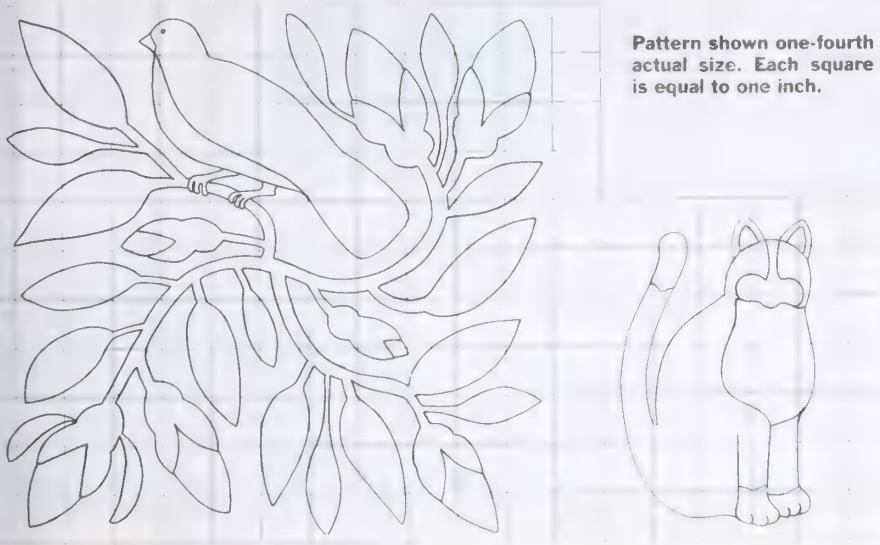
Cut pillow back and front to size desired. Follow directions to enlarge and trace cat. Position on pillow front. Add details from Bird and Bud design. Follow photograph (page 108) or paint as desired. Sew ends of eyelet together. Gather ½" from unfinished edge and pin to pillow front, evenly spacing gathers. See finishing instructions above with Bird and Buds pillow to complete.

CAT WALL HANGING

Finished size: 22" × 32"

MATERIALS: 1 yd. fabric in floral garden pattern, canvas stretchers, 2 pieces each 22" and 32" long, staple gun or tacks, paint.

Enlarge cat design (this page); trace cats, or parts of cats, so they appear to be behind flowers. Paint, using colors of choice. Place fabric over stretchers. Begin tacking in center of 2 opposite sides and work toward ends. Repeat with remaining 2 sides. Place tacks every 2" to 3". Cover back with lightweight fabric, if desired. Attach hanger. **End**



Pattern shown one-fourth actual size. Each square is equal to one inch.

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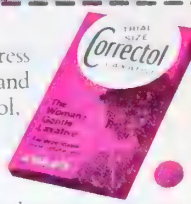
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Your Father/ Yourself

continued from page 176

their fathers spent *more* time with them than with their brothers when they were preschoolers. In the grade school years it was a toss-up, and in the teen years the balance tipped slightly in favor of the brothers. Although this pattern suggests that fathers might have felt they had more in common with their teen-age sons than teen-age daughters, the shift is small. In any case, the daughters got at least equal time.

Today's young fathers said they spend much *more* time with their preschool daughters than with their preschool sons—why that should be so is anybody's guess. By the time their daughters are in elementary school, however, fathers spend as much time with their sons as with their daughters. Too few of these young fathers have teen-age daughters for us to know about the division of time in this phase of childhood.

Are fathers more concerned about their daughters' looks than their intelligence?

Old myths die hard, and the one about men liking their women—including their own daughters—beautiful but dumb is no exception. Actually, the reverse is true, according to our survey.

Asked what their fathers valued most about them when they were growing up, two thirds of the women said school grades, and more than half said character. Far fewer—four out of ten—named charm and personality, just as many cited "non-academic achievements," but only one out of five said looks. Fathers told much the same story.

Are fathers too critical of their daughters?

The majority of daughters reported that their fathers were not unduly critical of them, although they may have expected and accepted a certain amount of fatherly criticism. As one woman, a teacher, said: "Sure, my father criticized my behavior at times. A father is supposed to guide you and tell you when you're wrong. If he didn't, how would you learn?"

In our survey sample, only a minority of women reported that their fathers criticized their behavior with other members of the family, their choice of friends, their ability to assume responsibility, their manners and their school grades—all criticisms that might very well have been directed at their sons as well.

Overall, the daughters reported that their fathers valued them more than they criticized them—and the fathers agreed. In fact, a father's approval, not criticism, helped many women achieve their go
As a 33-year-old sociologist told us: "
father was always proud of me and u
to tell me that I could be anythin
wanted to be. I thought of that of
when I was struggling through gradu
school. It made a big difference."

Another woman, a 27-year-old legal s
retary, said: "My father had to quit h
school to go to work, and when I
growing up he put in long hours every
in a garage—and yet it seems to m
spent a *lot* of ti
with him. I
member him
fun, and
warm and ki
When I would
hurt or frustrat
I'd run to him
he was ho
rather than go
my mother.
the thing I app
ciated most ab
him was that he
ways accepted
the way I was."

Are fathers daughters sa fied with the of fathering t they did?

We asked fathers if th would make ma some, few or changes in way they rea their daughte Their answers veal high satisf tion with th performance.

Fewer than in ten said th would make a of changes, fe than one in th said that th would make so changes, and w over half said th would make f or no changes.

Not too s prisingly, the m most pleased w themselves those who h been most active in caring for their infa daughters, spent the most time with the throughout their childhood, played w them the most, and had been the most l ing and affectionate. We determined th the least satisfied fathers were those w rated themselves as most deficient in these categories. These same fathers we also most critical of their daughters and t most apt to name ways in which they, fathers, had failed them.



One size fits all.

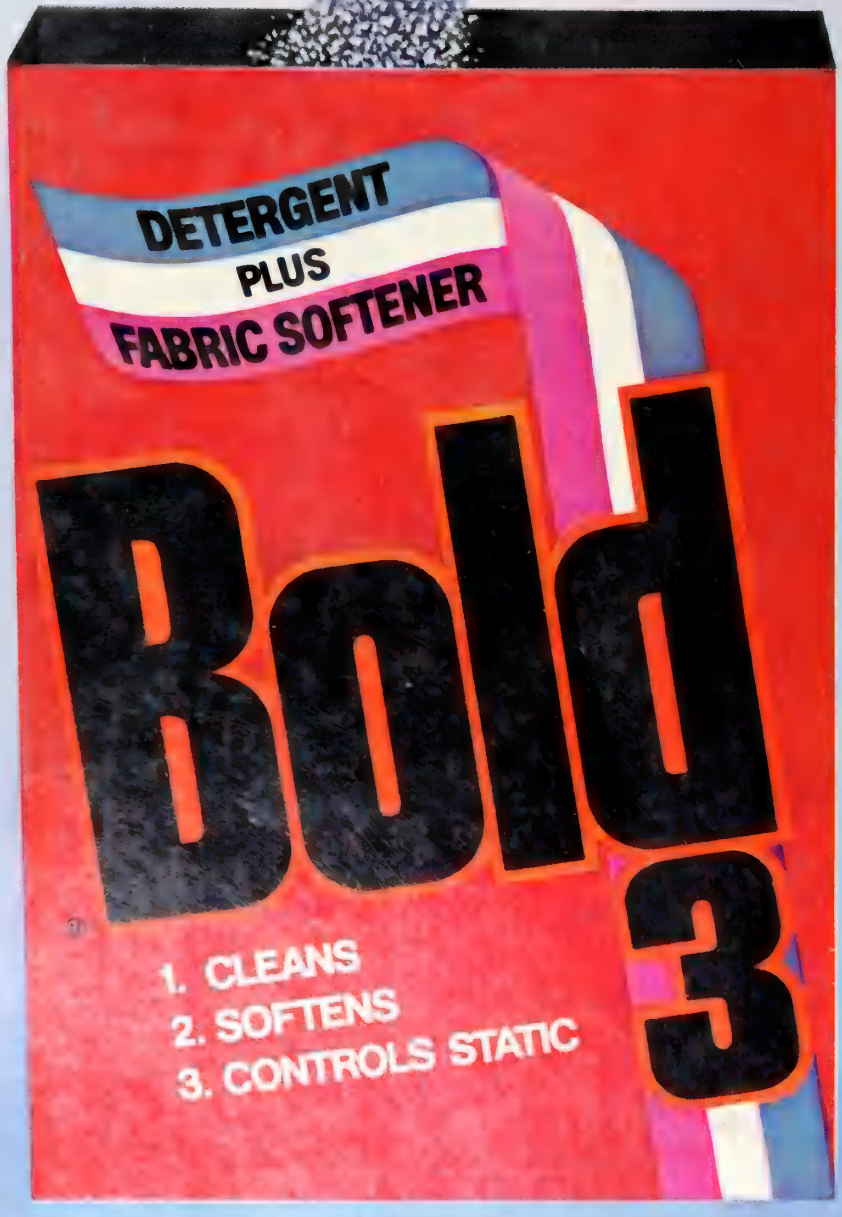


This cheddar is lucky. It can wear anything with style. Cracker Barrel natural cheddar cheese is exactly the right size for all the good things you want to put it on. No trimming necessary. Just cut and enjoy.

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found...a new life!

A real-life CLASS REUNION
Best-selling novelist Rona Jaffe's compelling look
at what happened to "yesterday's girls"

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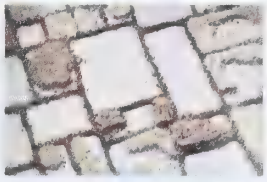
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e richness of Inlaid Color™



INLAID COLOR: A BEAUTIFUL DIFFERENCE YOU CAN'T MISS.

Most no-wax floors have their colors and patterns just printed on. But Designer Solarian is different. And that difference is called Inlaid Color. It's Armstrong's exclusive process that builds up the color and pattern with thousands of varicolored vinyl granules. The result is a richness of color and a uniquely "crafted" look that no printed flooring can begin to match.



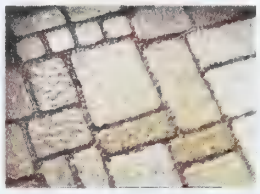
1. Inlaid Color begins with the precise placement of varicolored granules onto the backing . . .



2. . . . gradually building up the design—color by color, shade by shade.



3. Once the pattern is complete, intense pressure and heat are applied—fusing it into a solid inlaid vinyl.



4. And when the extra-durable Mirabond® surface is applied, the Inlaid Color is sealed with a lasting protection and shine.

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Lenore Hershey

Editor's Diary

WITH MERV AND THE LHJ AWARDS



Merv and your editor: sixth time around

Once more, it was a great and glamorous night on the Merv Griffin show in Hollywood. The occasion: presentation of the sixth annual Journal "Star Dazzle" awards. On hand: five of the nation's top stars . . . . Bo Derek, Sissy Spacek, Loni Anderson, Marsha Mason and Judith Krantz (author of *Princess Daisy*). The awards this year were silvery trophies, topped by a star that really dazzled. Each of the awardees had an interesting story to tell. My own impressions: Bo Derek (sans her dominating husband) was still struggling to find herself. Loni Anderson, who came in her Jayne Mansfield costume, straight from the set, was pure *kitsch* sparkle. Sissy Spacek, with a skin rash she'd caught from her horse, was the trouper of the evening. Marsha Mason spoke of meditation and her recent trip to India. As for best-selling "novelist of the year" Judy Krantz, it was practically a family reunion. (At one time, she wrote for the *Journal*.) If you haven't caught this star-studded Merv Griffin show yet, watch for it on your local station.



Sissy Spacek: watching scenes from her film



Loni Anderson: dressed up as Jayne Mansfield



Bo Derek: on her own, simple, charming



Judith Krantz: old friend, now #1 novelist



Marsha Mason: witty interesting woman

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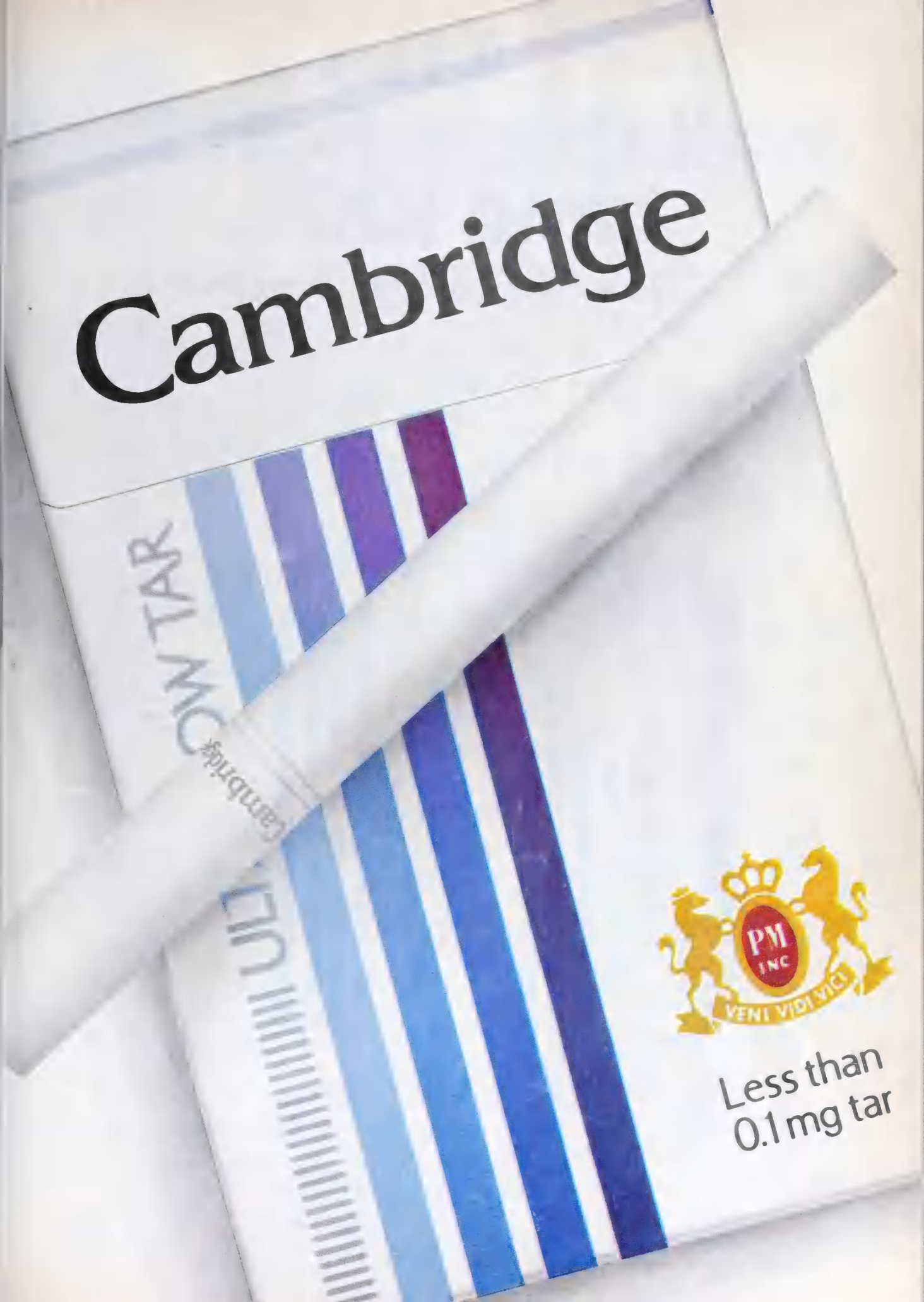
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JUNE 1980

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IT'S NOT EASY TO BE A WOMAN TODAY!

"Why I'll Never Get Used to Blind Dates"

By Kathy Shocket

One of the perils of being a single woman, I used to complain, is that well-meaning married friends seem to think it's their duty to help you find a mate. If you're divorced and not yet dating, they urge you to "get back into the swing of things." And those of us who have never been wed are reminded that we're not getting any younger. For years I resented and resisted their warnings and pleas—blind dates were for losers, I said, not for me.

But when I moved to Phoenix from Chicago two years ago, I was prime for a "fix up." As a newcomer, I was lonely and anxious to make new friends, particularly male friends. So I listened with interest when my cousin Pat called to say she wanted me to meet, "Glen's sister's husband's client, whom I don't know, but Glen's sister said her husband said he knows him and he's a nice guy." He called, we had a quick conversation, and I accepted a date for dinner and a movie that Friday night.

All week long I wondered—and worried—about our first meeting. What should I wear? What will we talk about? What if he doesn't like me? What if I don't like him? What if I do? Pat says he's a nice guy but all the nice guys I knew were still unattached because they were nothing more than that—nice.

On Friday evening I was hoping to have some time to myself before he arrived; time to collect my thoughts and calm my nerves. But this nice guy arrived two hours early: "Hi! I thought we could cook a steak here," he said, while handing me a bag of groceries.

I wanted to put up my No Trespassing sign and slam the door but I quickly remembered that this was Glen's sister's husband's client—I couldn't be rude. So I cooked the steaks, tried to be pleasant and was actually beginning to enjoy myself when he grabbed my hand, started to call me "honey" and "babe," and talk about the beautiful times we could have together. He never did have a movie in mind. I asked him to leave and that was the last I ever saw of what's-his-name.

One bad experience and I was ready to give up on blind dates—but my cousin wasn't. She said Harris was my type: "He's very intelligent." When I thought of the mental midgets I had met at singles bars, an intelligent man was tempting. Besides, if I refused this date I'd have to answer to my parents back home. My cousin spoke with them frequently. "Don't worry," she'd say, "we're making sure she meets some nice guys."

Even my grandfather, who yearns for great-grandchildren, put the pressure on and made an offer he thought my sister and I couldn't refuse: "Whoever gets married first, gets my piano for a wedding gift."

So, with visions of ivory, I tried again. The moment I opened the door I realized that this relationship was doomed. Within seconds I said to myself, "No way!" I felt guilty for being so quick to judge but, after all, I'm 24 years old and 4'11" and the man before me was perhaps 6'4" and looked about 19.

Part of the difficulty I was having in meeting men on my own may have been due to my job. As a first grade teacher, I was around women and kids all day long. When I changed careers—I got a job at a radio and TV station—I *did* meet more men, but most of *(continued on page 14)*


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It's Not Easy

continued from page 10

them were married. I had to face the facts: There are far fewer men than women in Phoenix. So reluctantly I consented to still another set up.

I'll never forget my sigh of relief as I peeked through my peep hole—Jack was gorgeous. We had a great evening, just sitting and talking at one of the singles bars. How nice it was finally to be there with a date—and someone you liked. He was charming, funny, successful, sensitive and too good to be true. We dated many times during the next month. Then I began to suspect that Jack was a compulsive liar. I did some checking and discovered that he was not at all what he appeared to be or said he was. I told him that I was no longer interested.

I started reading newspaper ads for singles' cruises and weekends at singles' resorts. My bank account, however, did not measure up to my desires. I had no choice but to accept other blind dates, even a few my cousin initiated.

I must admit that by this time I thought of every blind date as an exciting adventure. Underneath my apprehension I would think, "Maybe this will be the one—maybe he will be my Prince Charming."

Still there were times my social life got me down. "Try it once more, this one's not bad," my cousin would say—she was now afraid to be *too* enthusiastic. Because I still had some confidence in her taste—her husband was an ideal choice—I inevitably agreed to meet Mr. Not Bad.

One Mr. Not Bad was renamed Mr. High School Hands. "I don't understand," said cousin Pat. "He acted like a perfect gentleman when I met him." There must be a better way, I thought.

Linda, a friend who has been divorced for almost two and a half years, claims she met eligible men through the perso ads in a local singles newspap describe themselves pretty th and, if you ask, they will even se photograph," she said. But that r didn't appeal to me.

My friend Kim insisted that there no better way: "There's too much com tition these days; I trust my friend help me weed out the good ones. course, my blind dates haven't alw worked out, but I don't want to leave stone unturned. You know how I met current boyfriend? He was a roommat one of my blind dates."

I decided that I'd just have to lear cope with the bummers. I've found taking my own car and extra cash he That way, I can go and come as I ple And now, when someone calls to there's a nice guy who wants to meet I take his number. And I've taken final precaution: My cousin's husband screens all the "nice guys" for me. result, my blind dates have improved

Among my long list of set ups th remains a voice with no face. I call my "phone friend." He was very enth astic during our first conversation wanted to meet me that night fo gourmet dessert. I explained tha wanted only a cup a coffee because usual, I was on a diet. I should have k my mouth shut because, ten minutes fore our meeting time, he canceled.

He's called me at work three ti since then, just to chat, but he never me out. I realize he must picture me wrong way—undoubtedly overweigh don't know how to bring it up and him straight—or if I want to.

Still, on the whole, I'd recomm blind dating. It's fun and exciting reminds me of a lottery—you never kn you may be lucky. So the next time get a call from a friend of a friend says, "You don't know me but . . ." th twice about refusing. How many be offers have you had today?



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Can This Marriage Be Saved?

George was hopeless with money, and that made Margaret helpless with rage. When a couple is so short on cash, how long can their love survive?

By Lois Duncan

"Will We Ever Get Out of Debt?"

This case is based on information from the files of the Family Counseling Service, Albuquerque, New Mexico, a private, not for profit, family mental health agency, which is partially funded by the United Way. The agency is a member of the Family Service Association of America and accredited by the Council on Accreditation of Services for Families and Children, Inc. The true story reported here is from counselors' reports of interviews. Names and other details have been altered to conceal identities. The clinical social worker in this month's case was Katherine M. Brown.



MARGARET'S TURN

"George and I owe money to everyone in sight," began Margaret, a 36-year-old mother of three, her voice brittle with emotional exhaustion. "Right now, I don't see how we'll ever get out from under. It's making me a nervous wreck, but my husband won't even discuss it. He just tells me to stop nagging.

"How did we get into this mess? Well, it began almost as soon as we got married. Both of us were still students, and we took out loans to pay for graduate school. Then we decided to go ahead and start a family—that didn't help the budget, either.

"We also decided we needed a home of our own—why throw away all that money on rent when you can have something permanent? My father—always incredibly generous to me—gave us the cash for a down payment.

"The house was forty-five years old, with loads of charm and about eight million things wrong with it. I'd hoped that fixing it up would bring George and me closer, sort of a 'togetherness project.' But now he seems to have lost interest. The plaster is falling, the wallpaper is peeling and we don't even have heat—the furnace broke down and we can't afford to get it repaired.

"What really gets me is that we *could* fix the furnace—and a lot of other things, too—if my mother weren't so stubborn. You see, my father died a year ago, but because he left no will the estate hasn't been settled yet. When I asked Mother for an advance on my inheritance, she turned me down flat. But if my sister had been the one who needed money, I'm sure there would have been no problem. After all, she's Mother's favorite.

"You wouldn't believe it to look at me now, but I've always been a capable, competent sort of person, someone you could count on to get the job done. This past year, in fact, I was named finance chairman of a local nursery school for disadvantaged children. I was jittery about having all the responsibility, but it turned out just fine. The school actually made money!

"If I try to help out with the family budget, though, George gets very uptight. He insists on doing it all himself. The last week of the month, when he's deciding which bills to pay and which ones to put off until 'later,' he's a holy terror—always yelling at me and the kids. Then a new paycheck comes in and suddenly he's a big spender, taking the whole family out for a gala dinner. By the third week, there's no money left and I'm a wreck, worrying about how to put food on the table.

"Maybe I should go out and get a job—my work at the school proves I can do it—but I wonder if that would do any good. George makes a decent salary (he's an engineer) and it should be enough for us to live on, yet we always have bill collectors banging at the door. My common sense tells me that with two paychecks to play with, he might just get us deeper into debt.

"Besides, George doesn't want me to work—I guess he never has. Early in our marriage, I'd planned a teaching career. Even after the kids came, I kept on studying for my PhD in English literature and I also had a part-time instructor's job at the university.

"Well, George got his degree, but I never finished mine. After he graduated, he was hired by an electronics firm and we had his salary to support us. Pretty soon he started complaining that my work was taking time away from the children, and I had to admit he was right. So I quit my job and stayed home.

"Not that I regret having had the kids. Still, it's hard on them. They pick up on the tension in the house but they don't know what's wrong. *(continued)*

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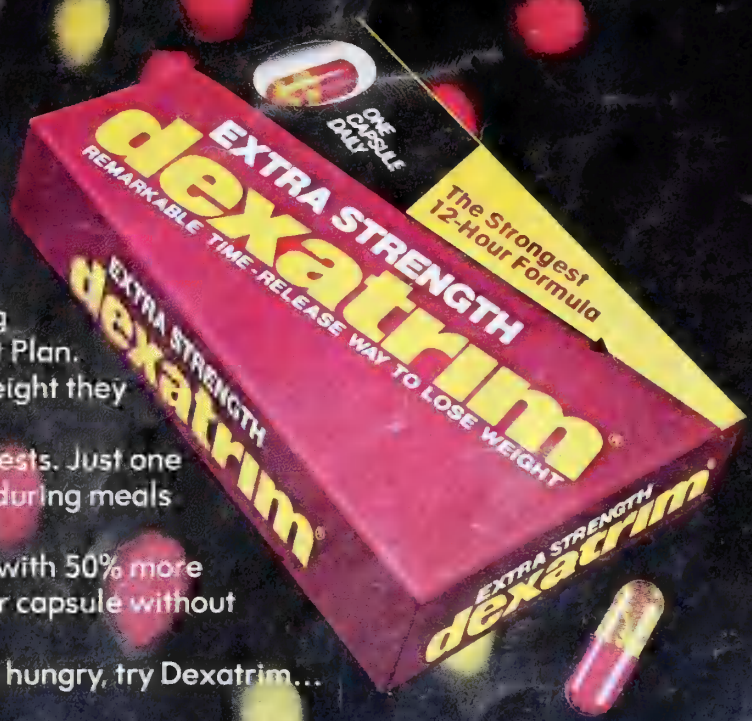
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Can This Marriage Be Saved?

continued

I've always dreamed of having a fourth child one day, but the way things are, that's impossible. Sometimes I wonder if it ever *will* be possible.

"I used to be loaded with energy, a real dynamo. Now I can hardly drag myself out of bed in the morning. I'm living on soda pop because I can't keep anything else down and I burst into tears at a moment's notice.

"I feel totally helpless, like the walls are falling down around me, and it scares me out of my wits. My grandmother died in a mental institution, and when I was a little girl, Mother used to say I'd go crazy, too, if I didn't 'get it all together.'

"I'm beginning to think the only way to save my sanity is to divorce George and start a new life for myself and the kids."

GEORGE'S TURN

"I'll admit I'm no financial genius," began George, a burly, dark-haired man of 36. "But," he continued, "I honestly am trying to get on top of things. What does Margaret expect me to do, grow money on trees?

"Sure, I've made a few mistakes. The first was while Margaret and I were still in grad school. We needed cash to cover the tuition, but we didn't need two loans, one for each of us. Now we're stuck with two payments every month, and we sure don't need any extra bills.

"Buying the house was a mistake, too, much as we love it. The mortgage isn't that bad, no more than what we'd been paying for rent. But the water and heating bills are killing us. Things are always breaking down. And the taxes and insurance are sky-high.

"I'm sure Margaret expected me to tear right in and make the place into a palace. I was all set to do it, too. But when I checked out the prices on paint and wallpaper and carpeting, they really knocked me for a loop.

"I don't think I'm a wild spender, but it's hard to economize when you have three kids. There are endless dental and medical bills, school supplies, clothes, ball games and movies. Some of those things aren't absolutely essential, I guess, but I'd hate to cut back on any of them.

"When I was growing up, I never had much spending money. My father expected me to make every penny count. I don't want my own kids to see me as some kind of Scrooge. Not that I'm out to spoil them. I just don't want them feeling like 'poor relations' when they're with their friends. Why shouldn't they enjoy themselves while they're still young?

"Frankly, I just don't believe in 'all work and no play.' Maybe Margaret won't admit it, but the two of us need a little fun in our lives, too. Anyway, we're so deep in debt already, what difference will a few extra dollars make?

"My father was a real workhorse. He owned a small dry cleaning business, and he was there from six in the morning till eight at night. When he did get home, he'd spend an hour or two puttering around in the garden—that was his way of unwinding. By the time he finally came in for dinner, we kids had finished eating and were ready for bed.

"But even though my father wasn't around all that much, he had the last word as far as finances were concerned. My mom's responsibility was to keep house and take care of the kids. I've wanted it to be that way for Margaret, too. She shouldn't have to worry about managing the money. That's my job, though I guess I've made a mess of it.

"Every month that stack of bills gets higher. I pay a little on one, a little on another. The squeaky wheels get the grease—the guys who yell loudest get paid first. It's not fair, I know, but what else can I do?

"Once I even went to a loan company and borrowed ten thousand dollars so I could get some of the bill collectors off my back. That was another mistake. Do you know what kind of interest those places charge? We just ended up with another bill to pay—one hundred twenty dollars a month.

"My job is no picnic, either, especially at the moment. I've just been transferred from a field I enjoyed to one I really can't stand. After eight boring hours at work, I think I deserve to relax. Instead, I come home to a weeping, wailing wife.

"When you get right down to it, *I* ought to be the one who's breaking down, not Margaret. She's got to pull herself together, if only for the kids' sake. It scares them to see her this way. The truth is, it scares me, too.

"Don't get me wrong, I love my wife. When she starts talking about divorce, I turn to ice inside. If Margaret walked out, I don't know what I'd do. But I can't wave a magic wand and pull cash out of the air.

"When her inheritance comes through, maybe we'll be able to clear the board and start over. Till then, though, we'll just have to hang in there. I'm willing, if she is."

THE COUNSELOR'S TURN

"This couple's marriage was a final nightmare," said the counselor. "We spent our initial sessions just trying figure out exactly how much they owe George didn't know—and discussing sible solutions.

"The first step was to get budget ad from a community agency, Family Mo Management. With this expert guida Margaret and George worked out a so financial plan. From now on, Marg would have final veto power over large expenditures, and the couple wo stick to a fixed budget that limited spending to essentials. Their car staye the garage most of the time; instead, t walked or used public transportat They eliminated such "extras" as mo and restaurant meals, and they bou only necessary groceries and clothing.

"Margaret was in no shape for j hunting, either physically or emotiona so George supplemented their income tutoring university students in the e nings, after work. The money he m went into a separate account for en gencies not covered by the budget.

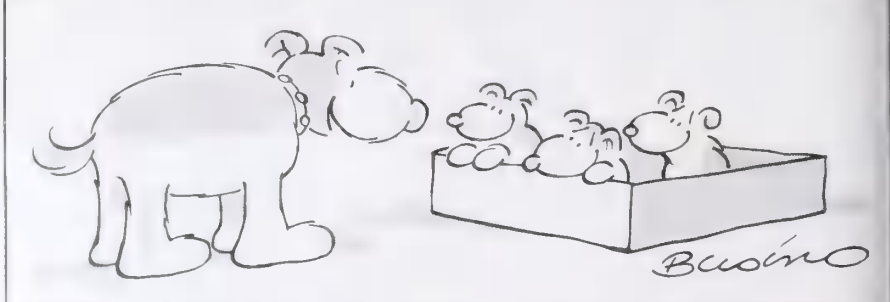
"The next major step was to deal w that pile of bills. The plan was for M garet to pay a personal call on each their creditors. She would explain wh their finances stood and then try to w out a reasonable payment schedule.

"It wasn't easy for George to accept wife in this new role. He had stro feelings, dating back to childhood, ab what a man of the house should George's mother, like Margaret, had be an energetic 'doer'; his father, thou rather aloof from the day-to-day aspect their home life, had nevertheless kep tight grip on the family purse strings.

"Margaret, on the other hand, w comed the chance to take positive acti As the least favorite child of an inser tive, hypercritical mother, she'd gro up into an assertive overachiever, son one who always had to prove her com tence. Understandably, she was fr trated at having to sit idly by while, she aptly put it, 'the walls are falli down around me.'

"Now, relieved at having something do, Margaret plunged into her unple ant chore with vigor. To her surprise, a

(continued on page 2



"The time has come for each of you to find a little boy to follow home."

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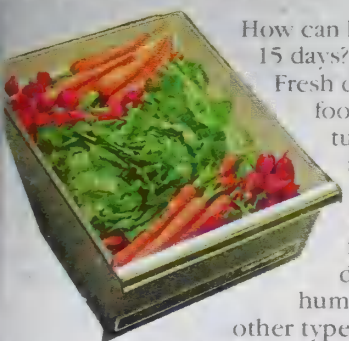


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Can This Marriage Be Saved?

continued from page 20

George's, she managed to get thei monthly payments reduced to a manage able amount. With this success, her spi its rose, and soon she began to regai some of her old energy and enthusiasm.

"Another pleasant surprise was the re action of the children. At twelve, ten an seven, they were old enough to realiz that their parents had problems, bu they'd never been told what the troubl was all about.

"When George and Margaret, at m suggestion, sat down with them to ex plain the situation in detail, the young sters proved eager to help. They volun teered to make any sacrifices necessary t get the family through this crisis—ever when it meant eating oatmeal for dinne several nights a week!

"The children's response also mad their parents feel a lot better about them selves. 'We may have botched up som things,' George told me proudly, 'but w must have done *something* right to hav produced kids like these.'

"George and Margaret had some worl to do on their own relationship, too. They had highly contrasting personalities—ac tually, that was one reason they'd been attracted to each other in the first place More recently, however, those differences had driven a wedge between them. They needed to get together and talk about who they were, their strengths and weak nesses, and what had made them tha way. As they came to understand each other better, they were able to ease off on their power struggle and become more mutually supportive.

"George, for example, finally acknowl edged that Margaret, with her practica nature, was a far better money manager than he could ever be, and so he agreed to put her in charge of the family fi nances. At the same time, Margaret en couraged George to confront his super visor at work and ask to be switched to an area he found more rewarding. To his delight, that assertiveness got immediate results.

"George and Margaret had their last counseling session a little over a year ago. By that time, they were well on the way toward a brighter financial future and a happier, healthier marriage. Several months later, in fact, Margaret phoned to tell me that George had received a sub stantial raise and they would soon be beginning the long-delayed renovation of their house.

"Last week, she called again with more good news: Her inheritance has come through at last. Since they no longer need it to pay off debts, they're using it to finance the happiest sort of invest ment—a fourth child." **End**

We live on an island with no repairman, so a Maytag Washer is a must for me, writes Mrs. Barclay.

I loved my old Maytag Washer so much, I also got a Maytag Dryer and a Maytag Dishwasher.



Florence and Harry Barclay

t's quite a hassle and expense getting a repairman to come rom the mainland to Texada sland, British Columbia, tates Mrs. Florence Barclay.



That's why I wouldn't have anything but a Maytag Washer, she continues. She knows they're built to last onger and save money with ewer repair bills, because her irst one went 10 years with ust one repair. "A close friend now uses our 10-year-old Maytag Washer and it continues to do good service," she writes.

Last year Mrs. Barclay needed to replace her old dryer, so she decided to go all the way — new Maytag Dryer and a new Maytag Washer, too.

All told, she now has three Maytags—a washer, a dryer, and a dishwasher. They are everything I expected in a Maytag and a joy to use, she states.

Naturally, we don't say all Maytag Washers will equal that record. But long life with few repairs is what we try to build into every Maytag product. See our washers, dryers, dishwashers, and disposers.



I'm fussy about clean dishes, says Mrs. Barclay, and my Maytag Dishwasher does such a super job.

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What's Happening

Marsha Mason talks about her dandy marriage to Neil Simon and of her deep feelings about film nudity. Later, Gene tackles the big movies of the season, including that "ton of pleasure," *Coal Miner's Daughter.*
By Gene Shalit

When you first meet Marsha Mason you smile happily at how very much prettier she is in person than she seems on screen. Her laugh is like a tinkling mobile, and when you speak to her she leans toward you. She's had a big year: *Chapter Two* gave her a third Academy Award nomination (after *Cinderella Liberty* and *The Goodbye Girl*).

Marsha is the product of a Catholic education; her teachers were nuns. She married a Jewish widower with two children—Neil Simon, whom she met on October 3, 1973 and married 19 days later on October 22. (A bizarre story goes with that. Not long ago she encountered Sister Jacqueline, a nun who taught her in high school, and was astonished that Sister Jacqueline had left the order and married a Jewish widower with two children. "Turns out," says Marsha cheerfully, "that Neil and I hadn't been so terribly daring, after all.")

Marsha swims upstream against the tides of taste: As movies assume a nude mood, Marsha keeps her shirt on. Early in her career she was briefly topless in *Cinderella Liberty* and *Bloom in Love*. No more. How come? "When I first came to New York, nudity was just beginning on the stage, so one had to prepare for it. I rationalized 'Well, if it's intrinsic to the character'—and then I said 'Okay, I'll do it.' That happened with my first movies, too. Remember, in those days I wasn't involved in any relationships. I was free. That's important. If I did it today, I'm sure it would make Neil uncomfortable." (Jane Fonda used a double for her nude scenes in *Coming Home*, and Marsha feels Jane's decision was made, at least partly, out of respect for her husband, Tom Hayden.)

"I'll tell you something," says Marsha, "it's my experience that no matter how integral the nude scene may be to the movie, there is that moment of a bared breast or tush when just for an instant the audience drops out of the movie—a subconscious 'Hey, look at that!'—and the movie stops dead. It may just be a micro-second, but I'm convinced that it happens. Also, my reluctance had to do with Nancy and Ellen, our two daughters who were ten and fifteen at the time of our marriage."

It's been a dandy marriage, despite some early turbulent times. *Chapter Two* is Neil's point of view of their courtship and early marriage. Marsha refused the role on stage. "It was too emotional for me so I wouldn't touch it, and Neil agreed." Then why touch the movie? "Because by then I was no longer that emotionally involved. I finally felt clear about everything so I said I'd like to put all of that to rest once and for all. It just became a part to play. And I realized the character is not me, it's just *based* on me."

And what's next?

"A production of a new script called *Georgia and Friends*."

And the author?

She laughs merrily. "Neil Simon."

Such a surprise.

WHO'S THE BEST ACTOR?

When Army Archerd of *Variety* asked Cary Grant and Laurence Olivier to pick their favorite actor, they both said: "Mickey Rooney." Some readers may find that answer unexpected. But listen to this. One day I was talking to Tony Randall about *(continued on page 36)*



Gene, with Marsha Mason, whose laugh is "Like a tinkling mobile."

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You can have a beautiful, traditional wedding without going into debt. Here's how.
By Syliva Porter

Wedding Warnings

June marks the opening of the biggest wedding season of the year. The coming summer months are when the largest number of the 2,300,000-plus marriages scheduled for 1980 will take place. Here are guidelines to help you control your spending and warn you about the pitfalls you may face.

I assume you've already fixed the date, arranged for a caterer, signed an agreement for the place at which you'll hold your reception, and are set in the formal wedding that once again is really "in."

No matter how casual people are about dressing, when it comes to a wedding, four of every five young brides are now choosing a traditional, formal wedding. And more than four out of five still receive a traditional engagement ring (with a diamond, even if it's so tiny it's almost invisible).

This is particularly true for first marriages, estimated at about 1,500,000 in 1980. It also holds for brides going a second or third time around (with many even wearing the white gown and veil presumably reserved for the first-timer only).

A formal wedding's typical costs

The following figures were documented by *Bride's* magazine just a few months ago. They primarily represent expenses incurred by the bride and her family and do not include costs for any pre-wedding parties, the groom's expenses (rented formal suit, rehearsal dinner, the like). They well may shock you, but there are ways to slash the total, which I'll outline in other sections.

Bride's gown	$ 234
Bride's veil	76
Invitations, announcements, thank-yous, etc.	139
Bouquets and other flowers	214
Photography	295
Music	211
Clergy, chapel fees	55
Limousine	29
Attendants' gifts (bride's and groom's)	108
Wedding ring(s)	444
Mother of the bride's apparel	93
Bridal attendants' apparel	189
Reception	2,234
Total	$4,321

Reception—where the big cuts easily can be made

The style of a reception can change total costs drastically, up or down. You can restrict the reception to cake and champagne or you can go all-out with a seated dinner and dancing. You can hire a hall for your celebration or, in good weather months, invite a limited number of relatives and friends to your "at home" (the cheapest way).

Costs will vary substantially, depending on the region of the country in which the wedding takes place and on whether the location is in a city, suburb or exurb.

It's impossible to state a single, average cost figure. If the guest list is as large as 200, your entire wedding costs might range from $2,000 to $4,000. If you have a smaller guest list and cut costs down the line, you could hold the total to well below that range.

Whatever the estimate, allow 25 *percent more for "extras."* Have you counted all tips? All favors, such as rice bags? Hairdresser costs? Your presents to each other? Etc., etc. . . .

When buying rings

Bride and groom must comparative shop—together—for rings. Since the prices of precious metals and gems have skyrocketed, you must set your price maximums together in advance, and vow to stick with them regardless of pressures. The old rule-of-thumb was a maximum of no more than three weeks' salary or 6 percent of your annual income (or incomes) for the ring or rings. Stay within these limits.

Tell the jeweler your agreed upon price range as soon as you enter the store. If he is a reputable merchant, he will not try to talk you into buying in a higher price category. Ask to speak with the store's expert on stones, if there will be precious gems in your ring (or rings). Insist on a written guarantee of the stone's value. A reputable, established jeweler will give this to you willingly.

If you can, buy jewelry for cash. But if you must buy on credit, be sure you understand all the terms (carrying charges, legal warranties, insurance coverage). And check whether you can get more favorable borrowing terms at another lending source before accepting the financing offered by the jeweler.

Make sure you select a reputable and knowledgeable jewelry merchant. Ask your friends, relatives, local consumer protection agencies for guidance. If you are having your jewelry appraised, choose your own appraiser and walk away from any jeweler who directs you to a specific one. If what you've bought and what your appraiser tells you don't agree, return the jewelry for a refund FAST.

How to save on music

Plan the music carefully, the exact pieces to be included, and the cost, and confirm all arrangements *in writing*. Make sure you understand all overtime charges (should exuberant relatives urge that the music go on and on).

To economize, don't downgrade the *(continued)*

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Sylvia Porter

continued

idea of using records or tapes, but hire a professional to provide the sound equipment and play the recordings. Make your own musical selections.

Beware the amateur photographer

If a relative or close friend is a camera buff and wants to take both stills and movies of your wedding and reception—okay. But don't rely on them for a record of this once-in-a-lifetime party.

Select an established photographer from a local studio, who will still be around in five years or so, should you decide you want extra prints. Visit the studio in person, examine the photographer's work at other weddings, make sure the photographer is a specialist in both portrait work and candids and insist that the photographer you select is the one who actually holds the camera (no substitutes!). Make all arrangements in advance: terms of payment, minimum order and what it includes, schedule of payments required, cost and size of all prints, whether an album is included, specifics on black and white or color prints, names of special guests you want singled out for photographs.

Then get it all in writing!

Curbing flower costs

During summer months, you can cut substantially on costs of flowers both to decorate the site of the wedding itself and reception. Choose flowers that are in season, or rent flowering plants instead of buying. Do this yourself. Don't leave it to the "experts."

Consider using fresh fruit and fruit blossoms attractively arranged in baskets as centerpieces at the reception in place of traditional floral arrangements.

Pricing the "gimmicks"

You well may want to order some printed wedding specialties in addition to invitations and thank-you notepaper (cake boxes, cocktail napkins, matches). But do you really want such little gimmicks as swizzle sticks, balloons, garters?

Get everything in writing

Make all wedding-honeymoon-new home plans and arrangements in writing and don't sign a line until you've read every word and understand every commitment and implication.

Under no circumstances, assume that the experts have your best interests at heart. Weddings and their follow-ups are *big, big business*. Once the word is out that you're to be married, people will come to you from all directions—musicians, photographers, insurance agents—whoever feels there's money to be made from what you are doing. **End**

*"For one brief shining moment that was known as Camelot."**

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continued from page 26

a production of *The Odd Couple* in which he appeared opposite Rooney. "Do you want to know something?" Randall said to me in the most earnest way. "Mickey Rooney is the greatest actor in the world. Absolutely. And most people don't realize it." Maybe people just can't take a "Mickey" seriously. There are critics who feel that if Piper Laurie had another name, she would have had a distinguished career. If you visit New York this summer and want to see *why* Grant, Olivier and Randall share their opinion of Rooney, rush to the Mark Hellinger Theater and see him bringing down the house in *Sugar Babies*, a dandy delight of a night on the town.

THE MOVIE SCREEN SCENE

It is a warm evening and I am standing in front of this screening room when the spirit of Damon Runyon comes around the corner and says, "Are you here to see my picture?" And I say, "Yes, I am going to see the new version of *Little Miss Marker*." And Runyon says, "I hear it is good because one Walter Matthau is the star and what can be bad about that?" So I go in and sit down and sure enough here is the 1934 story of *Little Miss Marker* on the screen.

It is about the hard-hearted bookie, Sorrowful Jones, who is one stingy bookie. He does not take markers—a marker is an I.O.U. But to the surprise of one and all he says okay to taking a little six-year-old girl as a marker for a $10 bet. She is a teeny tiny tyke named Sara Stimson and she wins Sorrowful's heart. This is the first time anyone wins anything from Sorrowful. Her father welches on his debt the hard way: he kills himself, so Sorrowful has the kid.

Now he is tangled with a gangster (Tony Curtis) who is a childhood pal. Well, not exactly a pal, as Matthau tells him. "I never like you when you are a kid, and grown up you are no improvement." But Curtis threatens him into becoming his partner, and introduces him to this swell socialite, Julie Andrews. She is a beauty who is broke and who owns a racehorse named Sir Gallahad. She is broke because Sir Gallahad is such a stiff that Matthau says if he is the only horse in the race, he *still* has to come from behind. If you like a bit of sentiment now and then and here and there, it is 3-to-5 that this movie makes you feel good. As for me, I like *Little Miss Marker* more [illegible]

TON OF PLEASURE

Coal Miner's Daughter starring Sissy Spacek as the story of Loretta Lynn, the backwoods girl who went from poverty to national popularity. Raised in a Kentucky coal mine shack, at 13 married, at 19 the mother of four children. Her eager husband (Tommy Lee Jones), in his twenties, delights in the way she sings to their kids, so he buys her a guitar she cannot play, drives her into a singing career, a drive that means visiting every rinky-dink radio station pleading for plugs, rising relentlessly through nerve and naiveté to the Grand Ole Opry and stardom.

Sissy Spacek is altogether convincing as Loretta Lynn, and the fact that she herself does the singing heightens her exceptional performance. This movie was not plasticized in some glitzy Hollywood studio; it was filmed in Kentucky and Tennessee. Many of the mining people on screen *are* mining people, and they enrich the drama. It is such an expressive film, it so reverberates with reality, its performances are so veracious in accent and cadence, its script and direction so true, that *Coal Miner's Daughter* is a ton of pleasure.

PUNISHABLE

Defiance is a dreadful bag of dregs dragging out the dreary myth that Manhattan Island is hostage to gangs of pistol-waving punks who intimidate storekeepers and kill pedestrians at will. This deception is wrapped in the warped tale of a sailor with six months in New York to wait for a ship, so he moves into a rundown neighborhood and is soon the target of toughs. The sailor is Jan Michael Vincent, and he tries to stay out of trouble by refusing to help his neighbors who are similarly hounded. Not until the harmless neighborhood idiot is murdered does Vincent's wrath rise and, joining his mobilized friends, they beat the whey out of the punks. *Defiance* is filmed flotsam, and as punishment the executives of American International Pictures, which is responsible for the movie, should be punished by being forced to sit through it.

SIR, LORD OR MR.?

When I referred to Laurence Olivier as Sir Laurence I was surrounded by letters telling me what a dunce I am because he has been elevated to Life Peer by Quee Elizabeth and should properly be ad dressed as Lord Olivier. But he eschew the title. When we met he urged me t call him Larry. Impossible. That fami iarity fell off my tongue. He suggeste Mr. Olivier. Too lowly. But when I in voked "Lord Olivier" he recoiled, sayin if I insisted on formality, he preferre Sir Laurence. His wife Joan Plowrigh smilingly suggested that he is uneas with the Sir or Lord in the States becaus he thinks, quite mistakenly, that egal tarian Americans feel European titles ar pompous. We all know better: American secretly *love* titles and nobility. Look hov they swooned over the Duke and Duch ess, and she a woman from Baltimore. think that if Americans could survive th ridicule of editorialists (the epitome pretentiousness) we would have delighte in Sir John Wayne, Dame Meryl Stree or Lord Walter Cronkite. How abou Robert Redford, Duke of Sundance? **En**

GENE SHALIT RE-VIEWS

. . . **And Justice for All**—Al Pacino and a stron cast collapse under a wretched script.

The Black Stallion is wonderful family ente tainment; based on the popular book about shipwrecked boy rescued by a wild stallion.

Chapter Two has a script of pure gold by Ne Simon and a good performance by Marsh Mason, but the rest of the cast is disappointing

Cruising is disgusting and loathsome, and ce tainly no child should be allowed to see it.

Gizmo is a newsreel collection of funny inven tions and nutty doings; and should be one of th funniest films of 1980.

Going in Style, with George Burns, Art Carne and Lee Strasberg as three elderly men trying t put life into their lives, will make you lov movies all over again.

Kramer vs. Kramer stars Dustin Hoffman an Meryl Streep as parents in a custody battle ove their son, and is one of the finest films in years

1941—Director Steven Spielberg let this one ge out of control.

My Brilliant Career—A lovely and intelliger film, set in Australia in 1897, about a girl choos ing between marriage and a career.

Promises in the Dark stars Marsha Mason as doctor treating a young patient. A warm stor about caring and respect.

Soldier of Orange is an engrossing drama abou members of the Dutch resistance during Worl War II.



"I keep this burned leg of lamb in the freezer to fix on the nights I want to eat out."

Lysol® Spray eliminates smoky odors in the air... even takes them out of my curtains...

Otherwise it would be curtains for me!

When good friends and bad cigars get together, it's time to get out the Lysol Disinfectant Spray. Lysol Spray gets rid of smoky odors...fast.



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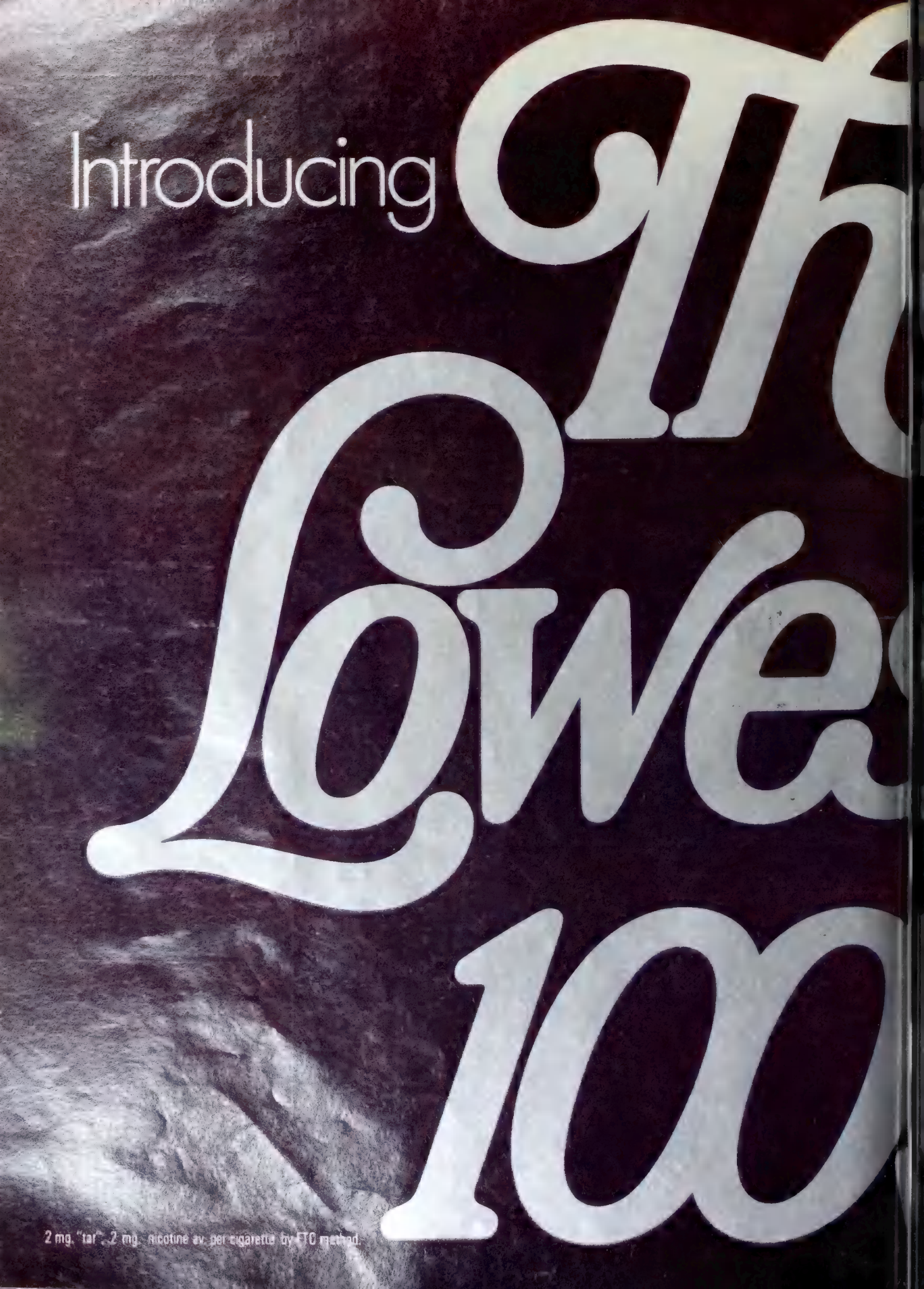


Lysol Spray makes the garbage can smell fresh and clean because it kills household germs on surfaces, too.



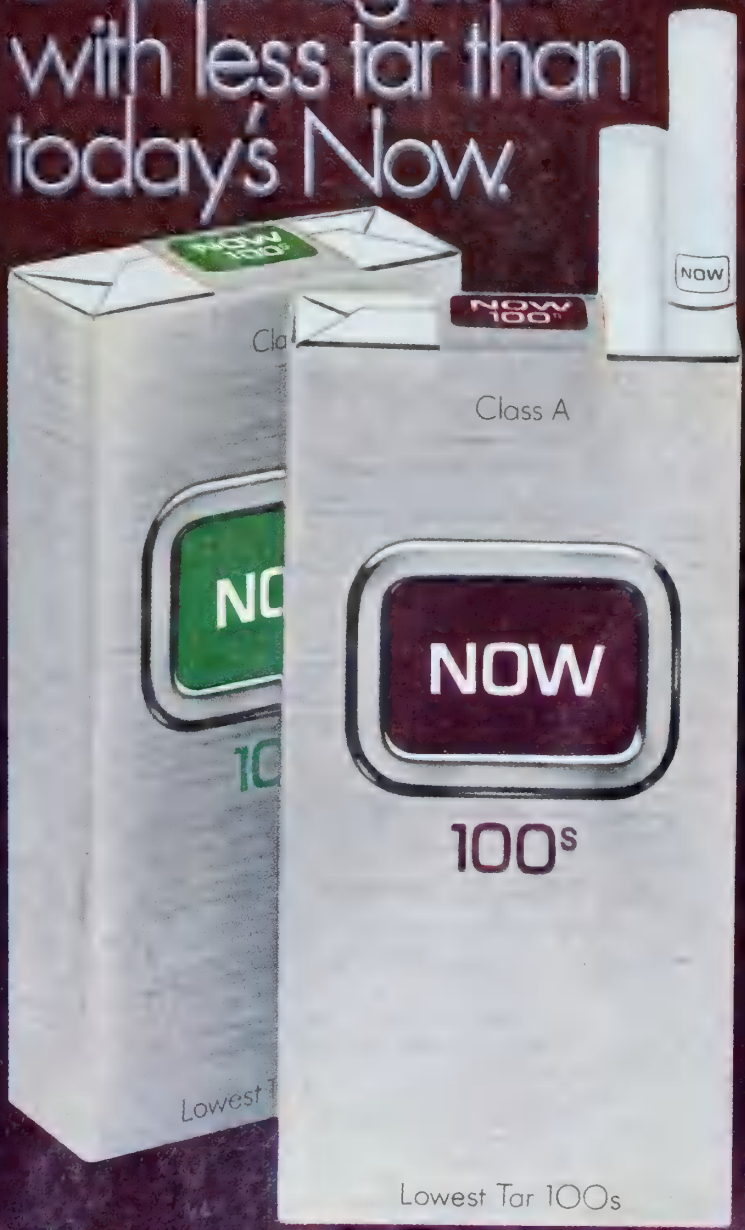
Can't run a home without it.




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Lowe
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2 mg. "tar", .2 mg. nicotine av. per cigarette by FTC method.

Breakthrough!

There has never been a 100's cigarette with less tar than today's Now.



regular and menthol

Now 100's

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Beauty Journal

No-nonsense news for June—a sleek exercise and how to find which sunscreen works best for you.

SUN & SENSIBILITY

Fact I: the sun is harmful to your skin. Excessive exposure—in one afternoon or over the years—can permanently damage the skin, showing up gradually as wrinkles, sagging, or worse, skin cancer. Fact II: most everybody loves the look of a deep, rich, golden tan. How do we balance these two extremes? By being smart, being educated about "healthy" ways to face the sun. In plain English, you have to be "plum crazy" to sunbathe, even for an instant, without adequate coverage. And there's no time to waste—any harm done is cumulative, irreversible. We know now that sunscreens are a necessity of life. But not all sunscreens are alike. Seek and find one that's right for your particular skin type; study the labels, the ingredients and, most important, follow the instructions to a T. Here's a rundown of what's new and different, plus some helpful guidelines. • Check out your sun-sensitivity. If you're a blue-eyed blonde, you're tops on the priority list. Even those with olive skin and dark hair who brag, "Not me, I never burn," take warning. Every type of skin, we repeat, **every type** needs protection. And remember what happens to those extra-sensitive areas (nose, "V" of chest, backs of knees). Ouch! • Know your SPFs. Three little initials that will be on the tip of every tanner's tongue this summer, meaning Sun Protection Factor. The higher the number (up to 15), the greater the protection. Products with 0 or 2 give no or little protection. SPFs of 4 to 6 are moderate, permit tanning. At 8-10, you get strong coverage against sunburn, allowing for a gradual tan. The top, 15, offers maximum protection for the most delicate skin, for sunburn-prone body spots or for people who stay outside all day. The user of SPF 15 can stay out in full sun up to 15 times longer without burning. These designations are government-regulated, so although a super-protector, such as Bain de Soleil's Ultra Sun Block Creme claims an SPF of 23.9, its package reads 15. Get familiar with what type is best for you—for safety's sake. • Special needs: Besides SPF, many sunscreens contain unique features. Some are wash-off resistant; have time-elements; are formulated with a moisturizing base (for dry skin) or alcohol (for oily skin). Other points: fragrance-free or not; staining or not; for general use (all over body) or certain areas. To help you decide what you need, picture this . . . *Situation:* You smooth out the sand, stretch out your beach towel, start reading directions on a new sunscreen. It says, "Apply 20 minutes *before* going into the sun." Great. What do you do? Scorch while you wait? *Solution:* Be one jump ahead. Always read a new label before embarking or, better still, bring an instant protector, such as Eclipse Suncreens, SPF 5-15. *Situation:* You're at the pool with your two rousing kids. The suncreen you've rubbed on their bodies rinses off in water. Instead of relaxing with a book, you're eagle-eyed, jumping up every time they splish-splash. *Solution:* Be more practical. Get a sunscreen that resists wash-off, such as "Mmm! What a tan!" Sunscreen Lotion by 3M Company. *Situation:* You're breezing along on an all-day sail, smug because you've thought of everything. Since you already have a tan base, you've brought aboard a SPF 5 and a cute white sailor's hat. Then, on a fast tack, your hat gets lost to the briny deep. Suddenly there's no place to hide from the sun's sharp rays. *Solution:* Be prepared for the unexpected and armed with more protection. Especially a sun block for those tender places (nose, knees, feet, etc.), such as Coppertone Super Shade Sunblocking Lotion 15. Don't forget to stow away a lip balm for moist protection, such as Chap Stick Lip Balm. Clever (and cautious) people can provide aid for hatless locks, by washing hair with a conditioning shampoo containing sunscreens, such as Sport Treatment de Pantene. All of the above will help you take the wallop the summer sun packs—leave you healthier, glowier for some time to come.

NEW DIRECTIONS

What counts now in the beauty field—good style plus good value. Here're some new finds . . . • It's prime showtime for toes. Peeking out of sandals, scurrying across the beach. Pretty your ten with an at-home pedicure. Shaper, cuticle stick, toe spacers, polishes: Jovan Toe-tique, $5. • Paris in the 30s . . . Chanel, Colette and Mme. Jeanne Piaubert, pioneer in women's bodycare. One of the latter's theories, Methode Satine, is to buff skin with a scrubbing mitt. Now here: Le Body Mitt from Lancôme, $15. • Two-in-one. Cut down on shower clutter by having shampoo and creamy conditioner in one bottle. Suave Conditioning Formula Shampoo, for normal or dry hair, 16 oz., $1.29. • Glider with ease. A whipped cream makeup slides on effortlessly. Light, full of moisturizers. Skin Life Creamspun Makeup by Helena Rubinstein, 1 oz., $12.50. • If you're the type who can't sit still, dress and up smudging wet nails—good news. Speed dry in 60 seconds with protein-packed Andrea Acrylic Shield Quick Dry, $1.50. • Quick lift. A fresh scent for fun & games. Jovan Sport Cologne Spray, 1.8 fl. oz., $6.50.

EXERCISE OF THE MONTH

Q. *Help! I've been lazy all winter and need to get back into shape now that beach weather is here. Can you suggest an exercise that will flatten my stomach fast?*—*R.S., Joliet, Ill.*

A. Here's a super tummy-flattener. Lie on your back, knees bent and stretch both arms overhead. Flatten the small of your back to the floor and pull stomach muscles toward your spine. Slowly raise head, arms, then shoulders off the floor (as illustrated). Hold to the count of five. You'll feel the stretch. Goal: repeat 10 times.





Border by Julia Noonan. Drawings by Thea Kliros

"Six hours of training in all kinds of weather can be a drying experience."

"So I use Vaseline® Intensive Care™ Lotion to make my skin feel soft and smooth again."

"Whether I'm out for a quick jog, or training hard for a big race, some of my roughest opposition comes from sun, wind and rain. They make my skin feel really dry and chapped. So every night I give myself a soothing rubdown with Vaseline Intensive Care Lotion. It makes my skin feel terrific again."

Make Vaseline Intensive Care Lotion a part of your daily skin care program like Julie Brown does. Soothing Vaseline Intensive Care Lotion will make your rough, dry skin feel soft and smooth fast. Try Regular, Herbal, or Extra Strength, and you'll always look and feel like a winner.

Let the healing begin



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MEALTIME EXPRESS

Brink-of-summer specials: time-savers that taste terrific!



Freshen it up with Mint

Pungent and wild. Besides iced tea and juleps... • Mint Melon. Fill melon halves with vanilla ice cream. Drizzle on orange-y liqueur, slivers of mint. • Chop leaves into steaming green peas. • Add zip to fruit salads, gelatin molds, sherbets and parfaits. • Toss crushed leaves into barbecue marinade • For quick mint jelly: add 4 cups chopped mint, ½ cup creme de menthe, 2 Tb. vinegar to 6 cups apple jelly. Whisk and pour into sterilized jars.

STAR QUICKIE

RIVIERA BEAN SALAD

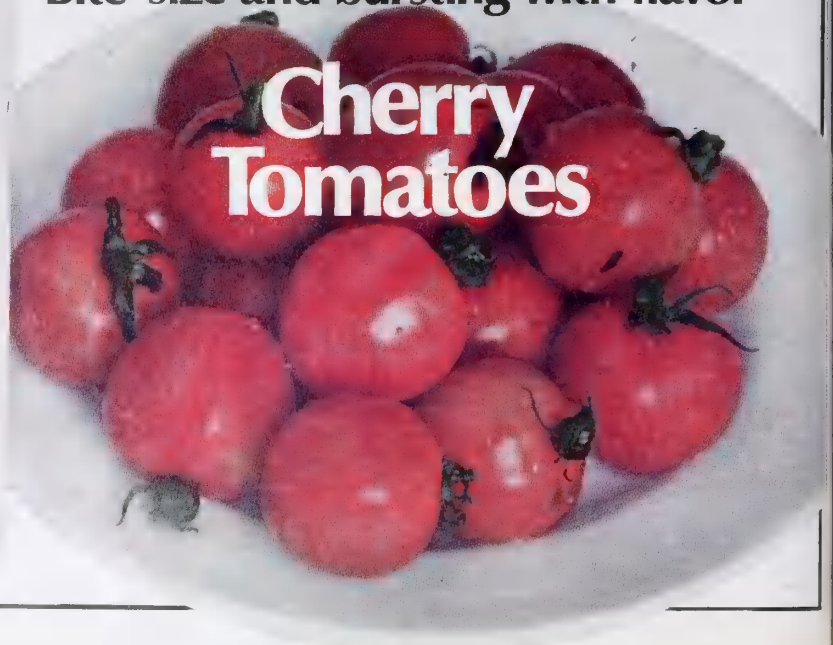
Drain 17¼-oz. jar of bean salad and combine with 1 can (7 oz.) tuna (also drained), ½ cup cubed Cheddar cheese and 3 Tb. mayonnaise. Chill. Serve on lettuce leaves garnished with 2 Tb. chopped onion. Season to taste. Serves 3-4.

Start with a Can of... Pork 'n Beans

One of the best buys (16 oz.)—and fastest movers in the supermarket. Easy-to-make: ▪ *Beanery Lunch.* Add beans to sautéed onion; heat up. Spoon over 3 split soft buns. Top with American cheese slices. Serves 6. ▪ *Italian Peasant Soup.* Cook ½ lb. mild Italian sausage. Sauté chopped onion and green pepper (½ cup each). Add 1 can each of pork 'n beans, chick peas, condensed tomato rice soup and water. Heat. Serves 6. • *Campers' Chili.* Cook ½ cup ground beef, 1 small chopped onion, minced garlic clove, 2 tsps. chili powder, 1½ tsps. cumin, dash crushed pepper. Blend in beans, 1 cup tomato juice. Simmer 30 minutes. For 4. ▪ *Picnic Bean Salad.* Toss beans with ½ cup each cooked macaroni, zucchini; ¼ cup with celery, carrots, green onions. Add dill weed, pepper. Makes 3 cups.

Bite-size and bursting with flavor Cherry Tomatoes

To tide you over until full-scale tomato season–these bright one-bites. *Stuff 'em:* Slice off tops, squeeze gently to remove seeds and pulp. Fill with ▪ smoked oyster, dash of lemon juice. • your favorite guacamole. ▪ watercress and cream cheese. ▪ tuna, mayo, Dijon mustard, grinding of pepper. *Skewer 'em:* thread with chicken livers, stuffed olives. Brush with bottled French dressing; broil 10 minutes, basting often. *Sauté 'em:* melt butter, sauté 2 chopped green onions, minced garlic clove, tablespoon each of minced parsley and basil. Add 2 pints of little reds; cook until skins wrinkle. *Slice 'em:* spread thin-sliced rye with Russian dressing, top with salami and halved tomatoes. Mix cream cheese with horseradish; pipe through pastry tube as garnish. *Pair 'em:* brush large mushroom caps (stemless) with melted butter. Broil 2-3 minutes. Fill center with dab of sour cream, one plump tomato. Broil 1 minute more.





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you need more than Bayer Aspirin...see your doctor.

Read and follow label directions.

LHJ's Diet for Women Who Work

Too busy to eat right? Too tense to resist temptation? Those special problems need special solutions. A woman diet doctor's winning strategy for the working woman's war against weight.

By Freddi Greenberg with Barbara Edelstein, M.D.

It's Friday afternoon in the office. You swore you'd stick to your diet, but all at once you're famished. You're sure you can't even get through the afternoon without something in your stomach. Maybe a quick trip to the candy machine will do the trick . . . ?

Does that scene seem familiar? If you're a working woman who has taken on an extra task—taking off pounds—it probably does. Let's face it, dieting is never easy, no matter how (or where) you spend your days, but for those of us with jobs outside the home, there are special pitfalls. What do you do when hunger pangs hit, and you're far away from your handy stock of zero-calorie lettuce leaves and carrot sticks? How to cope with mid-morning blahs, lunchtime temptations, late-afternoon lethargy? Where did all your time go? And where is all that nervous tension coming from?

Don't give up. Here's a plan designed just for the working woman, with tips for every hour of her high-pressure day. On-the-job stress can be a big problem for dieters, says Dr. Barbara Edelstein, author of *The Woman Doctor's Diet for Women* and, most recently, *The Woman Doctor's Diet for Teen-age Girls*. One cure for an attack of nerves or an energy slump, of course, is to refuel on the proper kinds of foods—high in protein, low in carbohydrates—but on a nine-to-five schedule there's seldom time for a sensible snack. Unfortunately, that's where the candy machine comes in. And that's why it's so vital to eat the right things at regular times of the day.



Begin dieting at breakfast

"The typical working woman's breakfast is a large glass of orange juice and a cup of coffee," says Dr. Edelstein, "and that's the wrong way to handle the morning." First, this breakfast is nothing but liquids, which leave your body especially quickly. A solid meal, on the other hand, burns more slowly, keeping you satisfied and energized longer. The second problem is the orange juice. Though it's high in vitamin C and potassium, it also contains a lot of sugar. And with no protein to balance it off, sugar is often responsible for the infamous ten o'clock slump. It gives you a sudden boost and then, just as suddenly, sends your energy level plunging—just as the doughnut wagon arrives at your office door.

So what should you eat? Dr. Edelstein suggests a high-protein meal that begins with tomato juice—better than orange, she believes, because it's lower in carbohydrates and thick enough to stay with you longer. Then go on to one or two eggs and a slice of melba toast, ending with coffee or tea. If you're not used to solid food in the morning, you may be tempted by egg salad, a deviled egg or a mini-omelet (but go easy on the mayonnaise and cooking fat).

It's ten o'clock (or three o'clock).
Do you know where your stomach is?

For the dieter, the times between meals are the most treacherous of all. It's mid-morning, or mid-afternoon, and you just can't concentrate. You feel light-headed, and there's a loud rumbling in your stomach. How can a working woman cope?

A proper breakfast should prevent this slump, but if you still feel yourself fading, *(continued)*


LOOK WHO'S TURNING DIET 7UP
We're drinking it because it's crisp and light, and it doesn't have that funny diet taste. Right, Don?"
"Just smile, Lynda, I'll do the talking."
diet 7UP
diet 7UP
Lynda Carter
Don Rickles
The only thing you give up is calories

Diet for Women Who Work

continued

satisfy your craving with a high-protein or low-carbohydrate snack that can be stashed each day in your desk drawer: a hard-cooked egg or piece of fresh fruit (count these as part of your day's total calories); beef sticks; cheese sticks or kisses (allow five kisses for a snack); cans of tuna, salmon, sardines, mackerel, chicken or turkey; cans of asparagus, mushrooms, string beans, beets, carrots, zucchini, tomato or vegetable juice.

However, says Dr. Edelstein, it may not be hunger you're suffering from, but stress. You're anxious or angry, and you feel so tense you could scream. But you can't scream, of course, so you swallow that frustration—along with a candy bar.

Instead, why not try a little exercise? Isometrics, yoga or a walk around the office can sometimes help. Or, the doctor suggests, you might practice this simple behavior-modification technique: Whenever you are faced with anxiety, the muscles around the mouth and jaw start to tighten. Soon, you begin to salivate, and that summons up thoughts of food. To break this pattern, sit down in a quiet place and relax your jaw muscles, letting the mouth hang open. "It's hard to stay mad too long in this position," Dr. Edelstein says. Then choose a key phrase—"This is not the right time to eat"—and keep repeating it to yourself. By the time you've finished, you may have saved several hundred calories!

Staying in trim when you're having lunch

At lunchtime, when most working women are away from home, even the best-laid diet plans often go awry. What are some of the problems—and solutions?

If your lunch "hour" is more like a 15-minute break, don't try to gulp down a four-course meal—that's probably how you gained weight to begin with. Something quick and light—skim milk, plain yogurt—will supply the protein you need to keep energy up. Maybe you'll even have time for a stroll in the park.

Perhaps your job is way up there in expense-account territory, and you're wondering how to lose weight on *haute cuisine* cooking. Then again, you may be paying your own way, and since even a coffee-shop meal can be costly—and fattening—you often opt for a bring-your-own lunch. But whether your noontime beat is brown bag or Brown Derby, you can still save calories.

Lunches in. For protein: canned tuna, salmon, sardines, mackerel, chicken or turkey drained of oil; wedge of hard (low-sodium) cheese (see special information); ½ cup of plain yogurt, sweetened with one teaspoon of honey. For crunch: a salad packed in a plastic container; a whole cucumber or green pepper, or a few carrots. For dessert or a snack: a piece of fresh fruit.

Lunches out. If eating out usually means a trip to the nearest fast-food place, go ahead and order a burger—with lettuce-onion-ketchup-mustard-pickles if you like—but skip any "special sauce" and only eat half the bun. Bring along a can of tomato juice; or have diet soda, club soda, or sugarless tea or coffee.

If expense-account lunches are part of your daily routine, then you'll be happy to hear that a woman can eat well and diet, too. Be inventive and assertive when ordering. If every main dish on the menu is *au gratin* or *parmigiana*, check the appetizers—a double shrimp cocktail might be your best choice. Ask for salad without dressing and avoid dessert unless fresh, unsugared fruit is available. At better restaurants, executive women often find it's not *what* to eat that's the problem, but how *much*. Portion sizes tend to be overgenerous, so discipline yourself to lay down your fork when you've reached your quota.

Lunches that are out. Though an occasional burger is okay, Dr. Edelstein cautions dieters to steer clear of fast-food chains that specialize in deep-fried chicken or fish. Another, less obvious "don't" is soup for lunch. Not only is it usually low in protein and high in salt, but it doesn't stay with you very long. And that makes you a prime candidate for the late-afternoon slump.

Desperate measures. When time, money and energy are at an all-time low, you may be tempted to skip lunch altogether. Don't do it, warns Dr. Edelstein. That missed meal will send blood-sugar levels plunging, leaving you vulnerable to forbidden treats. Even if "lunch" sometimes means one of those liquid diet meals-in-a-can or a couple of protein bars with tea, coffee or skim milk, the doctor thinks that's better than nothing at all.

The pre-dinner danger zone

Actually, most women don't find it too hard to eat sensibly while they're at work. The big trouble usually begins when they get home—tired, hungry and primed for an orgy of pre-dinner nibbling.

You have a right to feel exhausted after a hard day, says Dr. Edelstein, and you needn't deny yourself a welcome-home snack. But make sure it's the right kind by preparing some low-calorie dishes the night before. Then, when you walk in the door, you won't reach for the first thing in the refrigerator. Instead, there will be a lovely bowl of ratatouille or sweet-and-sour cabbage waiting to calm, comfort and nourish you. "When people are tired and hungry," observes the doctor, "they usually crave something soft and mushy," and that's why she recommends cooked vegetables instead of raw. Don't worry too much about the calories in these snacks. With something already in your stoma you'll probably eat quite a bit less wh you finally sit down to dinner.

The dinner hour: Who eats what?

For a working woman with a fam dieting at dinnertime presents spec problems. A single parent, faced with t chore of preparing two different dinn for herself and the kids, may find it eas (and just as economical) to eat out. U ally, of course, that means fast food, oft the dieter's downfall. Don't settle for st dard drive-in fare, says Dr. Edelste Look for places that offer more of a choic Then the kids can have their burgers a fries, while you can fill up on salad.

In a more traditional household, ho ever, the working woman is also likely be the family cook. Husband and ch dren expect a good dinner, whether sh dieting or not. Dr. Edelstein advises h patients to solve this dilemma by pla ning simple meals that dieters can eat- fish, poultry or meat, salad without dres ing, cooked vegetables—then adding starch and dessert for the non-dieters the table. (See Five Non-Depressi Diet Dinners, page 49.)

Sometimes, of course, the family a petite (or budget) demands filling ca seroles that have no place in a seriou diet. In that case, says the doctor, make big batch of lasagna or chili over th weekend and freeze it in family-size po tions. Then, later in the week, you nee only reheat the casserole for the famil and broil a hamburger for yourself.

In fact, learning to save time and en ergy in the kitchen is crucial to a success ful diet, especially for the busy workin woman. Look around for new ways t simplify your cooking chores—a hand appliance, easy-to-prepare foods, hel from a cooperative husband or child. The more shortcuts you come up with, the easier you'll find it to stick to your diet.

"Why do the men I work with lose weight faster than I do?"

In the working world, women have the same needs—and deserve the same rights—as men. But when it comes to dieting, says Dr. Edelstein, the sexes aren't equal: Women, unfortunately, need fewer calories. "Your male counterpart in the next office may lose weight by simply cutting out bread and dessert," she explains. "But you, because you are a female, must do more."

Why is this so? First of all, women's bodies are designed to bear children—to protect, feed and warm a growing fetus—so they're equipped with a permanent cushion of subcutaneous fat. Moreover, Dr. Edelstein has found that women don't seem to metabolize carbohydrates as efficiently as men. Many of us, in fact, cannot tolerate even small amounts of sugar, processed flour and other highly refined carbohydrates—they're converted to fat rather than burned for energy. *(continued)*

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Diet for Women Who Work

continued

On this diet, therefore, you'll be taking in very few carbohydrates and a lot of protein—40 to 50 percent of your daily calorie allotment. Not only is protein vital to your health (it's the only nutrient in the body that can't be supplied by burning off stored fat), it's also better for your diet. Carbohydrates, you see, cause rapid up-and-down swings in your blood-sugar level, leaving you tired and hungry. Protein, on the other hand, keeps blood sugar (and energy) constant, and your appetite satisfied.

How many calories?

If you're between the ages of 25 and 35, a diet of 1,300 to 1,500 calories a day should result in a drop of two pounds a week; if you're over 35, about 1,000 calories should do it. Does your weight loss seem too slow? Everyone's rate is different, says Dr. Edelstein, so you may have to decrease your allotment. Begin by subtracting 100 calories a day—omit one of your breakfast eggs, or an ounce of meat. At the end of a week, check your progress again, and continue to cut calories if necessary.

In observing her patients, Dr. Edelstein has found that a woman's body seems capable of metabolizing only about 500 calories per meal—the excess tends to be stored as fat. So be sure not to devour all your food at one sitting; it's meant to be spread out over three meals, plus two snacks each day.

To your health

Dr. Edelstein has designed this diet as a short-term reducing plan, so don't stay on it longer than six to eight weeks. While you're dieting, take a daily multivitamin pill with iron. On only 1,000 calories a day, the doctor believes, you just can't get all the nutrients you need.

The doctor also recommends that dieters take daily doses of vitamin C. When you lose weight, you may also lower your resistance to disease, and this supplement (1,000 milligrams in summer, 1,500 in winter) provides extra protection.



Your daily menu
(1,300 to 1,500 calories)

Breakfast

8 OZ. TOMATO JUICE OR 1 ORANGE
1 OR 2 EGGS (MAY BE COOKED IN 1 TEASPOON BUTTER OR MARGARINE)
1 SLICE MELBA TOAST

Morning and afternoon snack

1 CUP TOMATO JUICE OR SKIM MILK, OR ANY OF THE DESK SNACKS OR FREE SNACKS

Lunch

4 OZ. COOKED MEAT, FISH OR POULTRY
1 LARGE SALAD WITH 2 TABLESPOONS DIET DRESSING
1 SLICE MELBA TOAST
1 PIECE FRESH FRUIT (NO GRAPES OR CHERRIES) OR ½ CUP FRUIT GELATIN (REGULAR OR DIET)

Dinner

5 OZ. COOKED MEAT, FISH OR POULTRY
1 LARGE SALAD WITH 2 TABLESPOONS DIET DRESSING
1 CUP COOKED VEGETABLES
1 SLICE MELBA TOAST
1 PIECE FRESH FRUIT (NO GRAPES OR CHERRIES) OR ½ CUP FRUIT GELATIN (REGULAR OR DIET)

Take your choice

Meats. Lean beef, veal or lamb; chicken or turkey; fresh or frozen fish; seafood; and canned fish drained of oil. These may be broiled, baked, steamed or poached without added fat.

Eggs. Meat, fish or poultry may be substituted for eggs at breakfast. Allow two ounces of meat for each egg.

Cheese. No cottage cheese on a diet? Though it sounds like heresy, it makes good sense. Cottage cheese, says Dr. Edelstein, is higher in carbohydrate than meat or eggs; when you eat too much, you may shed pounds too slowly. So eat it, but sparingly—only once a day (at breakfast, for instance, substitute two tablespoons cottage cheese for your eggs). Hard cheeses may be substituted for meat at one meal per day. Allow one ounce of cheese for every two ounces of meat.

Vegetables. Low-carbohydrate, raw and cooked vegetables (no corn, peas, lima beans or potatoes) may be served in unlimited quantities. Any seasonings may be added, but no fats or sweeteners.

Required eating. Potassium levels can decrease drastically when you're dieting, especially during the first two weeks, when weight and water loss is most extreme. Symptoms of potassium depletion include fatigue, muscle weakness and cramping, particularly in legs and toes. Since standard vitamin pills don't contain this nutrient, you must get it in the food you eat—three servings every day of any of the following fruits or vegetables (count them as part of your daily quota): one orange, one-half banana, Brussels sprouts, cabbage, spinach, broccoli, broccoli rabe, turnip greens, escarole, tomato juice.

Beverages. Coffee or tea (with skim milk or artificial sweetener if you like), diet soda, tomato or vegetable juice, skim milk (up to three cups per day), water (no more than four eight-ounce glasses a day), club soda.

Free snacks. Raw vegetables, cooked vegetables, dill pickles, diet gelatin.

Seasonings. Mustard, ketchup, horseradish, relish, herbs, spices, soy sauce, vinegar. As long as it contains no fat, almost anything goes.

Fool-yourself fillers

In Dr. Edelstein's experience, some people simply have larger appetites than others. To diet successfully, they must trick themselves—learn to eat higher-calorie foods in controlled portions while "filling up" on very low-calorie foods. These fillers, usually low-carbohydrate vegetables, may be eaten raw or cooked, but the doctor thinks cooked vegetables are best for the dieter—they always seem like so much "more." So why not cook up a pot of ratatouille or sweet-and-sour cabbage, steam some Chinese vegetables, or prepare a vegetable curry? All are great served hot or cold, and you can use as many seasonings as you like (just avoid sugar, sweeteners or fats of any kind). Now—think of the vegetables you like best, and invent some delicious combinations of your own.

Diet burger with the works

Since woman does not live on meat alone, the doctor allows any of the following fixings to dress up simple broiled burgers or chicken breasts: grated Parmesan cheese; mushrooms and onions sautéed without fat; chili sauce, mustard, ketchup, soy sauce; chopped tomatoes, onions and green peppers; crumbled crisp bacon (one strip); taco sauce, lettuce, tomato, onion.

Five non-depressing diet dinners

(Dieter may eat everything starred* on each menu)

Mustard and herb broiled chicken*
Fresh green beans*
Salad of raw spinach, red peppers and carrots*
Risotto Milanese
Fresh peaches*
Macaroons

Grilled hamburgers*
Garlic bread
Cabbage salad*
Ratatouille or stewed zucchini and tomatoes sprinkled with Parmesan cheese*
Blueberries*
Pound cake

Braised pork chops with peppers and tomatoes*
Rice or baked potatoes
Brussels sprouts*
Mixed green salad*
Fresh oranges and pineapple (½ cup for dieters)*
Ice cream

Broiled bluefish*
Steamed escarole with garlic*
Boiled potatoes or macaroni and cheese
Cucumber, tomato, pepper and scallion salad*
Cantaloupe with lime*
Butter cookies

Flank steak*
Steamed broccoli*
Salad of lettuce, mushrooms, radishes, celery, red onion and cherry tomatoes*
French fries or baked potatoes
Strawberries in a wine glass (topped with sour cream and brown sugar for non-dieters)*

Dr. Barbara Edelstein is a physician who specializes in bariatrics, a new field of medicine devoted to the control of obesity. A graduate of Bucknell University and of Hahnemann Medical College in Philadelphia, Dr. Edelstein has concentrated particularly on the areas of psychiatry and general medicine in the treatment of obesity, and has an active practice in Bloomfield, Connecticut.



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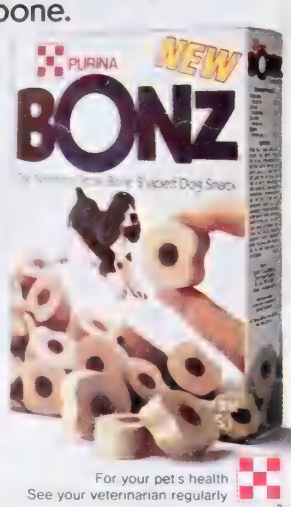
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LOOK US UP IN THE YELLOW PAGES

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SUPPORT YOUR TOMATOES

Backyard gardeners unite! Nothing is easier to grow than tomatoes. (Saves money, too.) Here, secrets of success in text and pictures by Walter Chandoha.



Commonest way to stake tomatoes is on a single pole, loosely tied (inset) with a soft piece of baling twine.

The tomato is the most popular home-grown fruit. It's easy to grow, and for the space plants occupy (not much is needed), the yield per plant is huge. But the main reason it's number one with home gardeners is the superb flavor of a vine-ripened, just-picked tomato.

After enduring a winter of store-bought, flavorless tomatoes, gardeners everywhere look forward to eating the real thing—a fresh tomato!

Memorial Day is the generally accepted "safe" time to set out plants in my New Jersey garden, and whether you've started the plants yourself from seed or buy them at a local garden store, right now is the time to make that critical decision of whether to let your plants trail on the ground or give them vertical support. While no tomato plant—whatever the variety—*must* be supported, there is overwhelming evidence that doing so will produce better results. I always support mine and here's why and how.

First, and most important, the flavor of a tomato is enhanced when it gets plenty of air and sunlight—only possible with plants tied to a support. Keeping plants off the ground also means that slugs can't get to the fruit, there will be less rot and you'll be less likely to step on vines as you walk among them to make your regular harvest. Of course there is the practical matter of space—more plants in less space with vertical support. And last, but not least, is the matter of good looks—plants neatly staked look significantly more attractive than a random sprawl of knotted vines.

Single Pole Supports

Tying tomato vines to a single pole or stake is the most widely used method to hold up plants. Anything sturdy enough to support a plant heavily laden with plump, ripe tomatoes can be used for a stake—milled lumber, bamboo poles, metal or

(continued)



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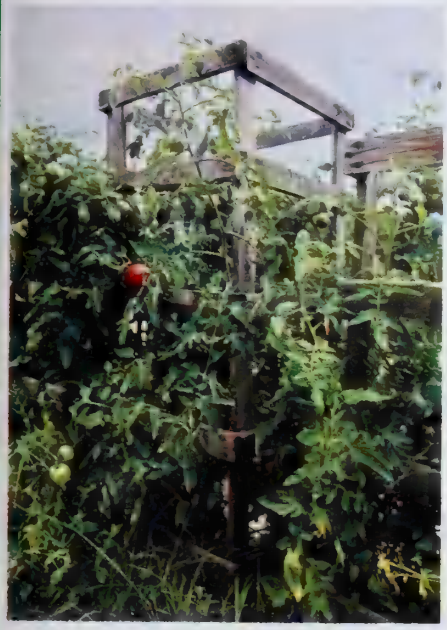
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3 pounds pork spareribs
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2 teaspoons salt
2½ tablespoons chili sauce
2 tablespoons onion, finely chopped
1½ cups maple syrup
1 tablespoon Worcestershire Sauce
2 teaspoons salt
½ teaspoon McCormick/Schilling® Dry Mustard
¼ teaspoon McCormick/Schilling® Chili Powder
⅛ teaspoon McCormick/Schilling® Pepper
PAM® Vegetable Spray

In medium bowl, combine 1 cup water and 2 teaspoons salt to make salt water mixture. In medium bowl, combine remaining ingredients except spareribs; mix well. Place spareribs on grill, sprayed with PAM, about 5 to 7 inches above low temperature coals. Cook spareribs about 45 minutes, turning and brushing frequently with salt water mixture. Continue cooking 15 minutes or until done, turning and brushing frequently with maple syrup sauce. Makes 3 to 4 servings. Serve a tossed green salad with McCormick/Schilling® Salad Toppins and Bacon Chips.

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Staking alternatives: Left, a wooden cage, of light lumber, supports four plants. Above, wire cage made of heavy gauge fencing is the author's favorite. Plants need no tying, simply weave in and out of the open mesh. Right, an easily available wooden ladder makes a modified A-frame support, with a plant at each leg. Below, a tomato patch of tepee supports, four poles tied near the top.



plastic rods, sturdy tree branches or saplings. I use the latter because they are readily available on my farm, and they're free.

How tall a stake should be depends on the variety of tomato it's to support. The first year I used stakes they were three feet above the ground, much too short for the Rutger's plants they were to support. Even before any of the tomatoes ripened the vines had reached the tops of the poles and were growing vigorously. So I had to put in another set of poles adjacent to the three-footers.

For my main-crop tomatoes I now use poles that are seven to eight feet above the ground, and in a good year even these are too short. On the other hand, Patio tomatoes don't grow much taller than 18 to 24 inches so a two-foot pole is adequate for these. Tiny Tims are happy tied to a 15-inch stick.

Set stakes in the ground prior to planting the tomatoes to prevent root damage. I use a heavy crowbar to make a hole 12 to 15 inches deep for each tomato pole. After it's secured in the ground I dig another hole a foot deep and across on the south side of each pole and half fill it with compost and rotted horse manure. I then lay a tomato plant on its side and cover all but the top four inches of the plant with more compost. Roots will form along the stem to give each plant a secure foundation with the earth. As the plants grow, more soil is hilled around the plants for added stability.

As the plants grow upward they are tied to the poles at one-foot intervals. I fasten my plants with hay baling twine recycled from my horse barn. Other gardeners use cut strips of panty hose or ripped up bedsheets. Any of these soft materials tied around the stems and then the stakes in a loose figure-eight won't cut into the plants. Avoid any kind of wire support, for it will eventually cut into the stem. I try to pinch out all extra branches that emerge between the central stem and the leaf joints. I say I try, because tomatoes grow so rapidly it's easy to overlook a fast growing branch or two, or three, or four. No problem. A sturdy pole can easily support several stems. Try, however, to limit the number to four. All others can be clipped out with pruning shears.

Double Poles

Because tomatoes grow so fast, some gardeners use the two-pole *(continued)*





SAUSAGE RAREBIT

1 1/2 lb. Hillshire Farm Smoked Sausage or Polska Kielbasa
3/4 cup of beer
1 tsp. dry mustard
1 tsp. Worcestershire sauce
1/4 tsp. salt
4 cups (1 lb.) American cheese (shredded)
6 slices of toast
6 tomato slices

Cut Hillshire Farm Sausage into 4 inch lengths (split lengthwise). Heat beer, mustard, Worcestershire sauce, salt and cheese in heavy saucepan over low heat, stirring until cheese melts and mixture is smooth. Keep sauce warm. Broil sausage, cut side toward heat until brown, 5-7 minutes. Place sausage on toast and top with tomato slice and rarebit sauce. Serves 6.



COUNTRY SUPPER

1 lb. Hillshire Farm Smoked Sausage or Polska Kielbasa
3 tbsp. bacon drippings or vegetable oil
4 large potatoes (thinly sliced)
3 carrots (sliced)
1/2 cup sliced celery
1 medium onion (chopped)
salt, pepper to taste

Fry sliced potatoes, carrots, celery, and onions in bacon drippings or oil over low heat in heavy skillet. Season with salt and pepper to taste. When carrots and potatoes are tender, place Hillshire Farm Sausage on top. Cover. Heat about 12 minutes. Makes a hearty meal for 4.

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STORE COUPON

SUPPORT YOUR TOMATOES

continued

system. Two stakes are set 12 to 18 inches apart and the stems of a single plant which is set between them, are trained to grow up both stakes.

If you want lots of tomatoes, several stems per plant will increase its yield. With more vines per plant you'll get more tomatoes. Not bigger, but more. If you want big, bragging tomatoes, be scrupulous about permitting only one stem per pole. All of the energy of the plant will be directed to the fewer swelling fruits on the single stem.

Joined Poles

A variation of the single and double pole system is a series of individual stakes connected by horizontal poles to make a fence-like support. Some have just a single horizontal support somewhere near the top; others have several horizontal poles to make a ladder-like trellis.

Fences, Walls and Trellises

Anything that will keep tomatoes from sprawling over the ground can be used as a support. Cyclone fences, picket and split-rail fences, stone walls, arbors, hay bales. The objective is to get the spreading vines up off the wet ground and to expose the ripening tomatoes to light and air. Tomatoes can be trained to grow up alongside any vertical support—even the side of a house or a building—as long as the stems are fastened every 12 to 15 inches.

And since the stems are extremely strong, tomatoes can be espaliered on a fence or a wall. They'll look as elegant as any espaliered fruit tree. Last summer I used a three-rail board fence to grow tomato stems horizontally on either side of the single vertical stem. The plants looked very impressive, until the deer in our rural area discovered them.

The Tepee

There is a variation of this that I call the running tepee. A pair of poles is set in the ground about two feet apart so that they cross about a third down from the top. Then two more poles are placed about two feet away from the first set, then two more and two more, and so on down the row. Then horizontal poles are tied to the uprights where they cross to stabilize them. Tomatoes are planted at each pole; as they grow up they can be tied or trained to twine around the poles.

In the conventional tepee support, three or four poles are set in the ground about a yard apart. They are all tied at the top to form a pyramid. One plant is set out alongside each pole.

Other A-Frames

The nice thing about the tepee or any other A-shaped form is that the slant of the A-shape decreases the need for constant tying. Yes, some tying is neces-



sary, but at less frequent intervals than with a pure vertical support.

A beat-up stepladder picked up at a garage sale gave me an instant A-frame for some late tomatoes last summer. As the plants grew—one at each of the four ladder legs—they were initially tied for support. But as the side branches developed, the steps and cross braces helped support the vines and the ripening fruit.

Wire Cages

The easiest, no-work way to grow tomatoes vertically is inside wire cages. No tying is required. As the plants grow upward the tips are gently pushed in or out of the wires of the cage at vertical intervals of about a foot. About the only disadvantage is the high initial cost for the wire fencing from which the cages are made. Ready-made cages are also good, and also expensive. But when the cost of tomato cages is prorated over a period of ten, 20, or 30 years, the expense becomes negligible.

I made my cages out of steel sheep fencing. It is almost four feet high and the vertical wires are spaced six inches apart. The horizontal wires are graduated in size from six inches apart at the top to about two inches apart at the bottom. This size wire is excellent because it is thin enough to cut with a sharp pair of wire-cutting pliers, yet it's sturdy enough to support a heavily-laden tomato plant. And the spacing betwen the wires is large enough so that you can easily reach the tomatoes growing inside the cage.

Sixty running inches of the wire fence made a circular cage about 20 inches in diameter. This is the size that seems to work best. A cage is placed over each tomato plant and the earth is hilled up to cover the two bottom courses of wire for stability. To further stabilize the cages I made long U-shaped pins from wire coat hangers and pushed a couple of these into the ground over the lower wires. Some gardeners also tie each cage to a stake for added support.

I grew my main-crop tomatoes—Better Boy, Sun Ray and Early Cascade—in these high cages. When they reached the top, I pruned the vines to stop any further upward growth. There were numerous developing branches inside the cage that continued to set fruit until frost in October.

For my Roma paste tomatoes I placed several of the cages end-to-end *horizontally* on the ground. The vigorous vines of the bushy Romas soon reached the top of the cage and pushed through the wires. But since the plants didn't get much taller than 24 inches, the cages were the perfect size to support the Romas.

Wooden Cages

A variation of the wire cage is one made of light lumber. Imagine four ladders joined together to form a vertical square. The premise is the same as with wire cages or fences: As the plants grow, the tips of the stems are woven in and out of the cage to support the growing plants and eventually, the hanging tomatoes. Tying is unnecessary.

Regardless of the method used to support tomatoes when they are grown vertically, the plants should go into a hole that is well fertilized and rich in organic matter. And later in mid-season, when fruit is forming, feed the plants again. A water-soluble fertilizer is good as are the various slow-release fertilizers, in both powder and stick form. If animal manures are available from your garden supply store, the plants can be watered with manure tea every few weeks.

Tomatoes need to be deep-watered weekly. If it doesn't rain use a hose, or better, a drip irrigator. Mulching the plants with dry grass clippings six inches deep eliminates the need for watering in all but the driest areas.

And finally, weeding. If the ground around the tomato plants is shallowly cultivated or mulched, weeds won't be a problem. A few weeds might come up inside the cages but these can be pulled out by hand when you're reaching for one of those vine-ripened tomatoes that you've waited for all year. **End**



Psychiatrist's Notebook

Are you ever too old for sex? How do you handle a house-wrecker? What's the matter when a loving man can't make love?

By Theodore Isaac Rubin, M.D.

Is it true that women reach the peak of sexual desire and fulfillment in their mid-30s? I'm 38, and I'd hate to think that it's all downhill from now on!

I'm not very comfortable with the whole notion of sexual "peaks," though I know it's a popular topic these days. It's a mistake, I think, to view lovemaking as some sort of achievement, complete with a timetable. Sexual satisfaction, in fact, often has more to do with emotional health than with chronological age or biological cycles. The crucial question is not how old you are, but how you feel about yourself and your partner.

When people are deeply depressed, for example, they usually don't have much desire to make love, whether they're 25 or 55. And when a husband and wife don't get along in other areas, it's going to affect them in the bedroom, too—whether they've been married two years or 20. If, on the other hand, your life is going well—you're physically fit, content with your partner and profession, free of major emotional or financial problems—then you should be able to enjoy the pleasures of sex at practically any age.

My husband and I have a friend who's a nice guy with one big fault: After a visit from him, our home looks like it's been hit by a tornado! When he smokes, he scatters ashes; he puts his feet on our couch, shoes and all. Recently, we moved to a lovely apartment, and I dread having him over. What do you suggest?

When "nice guys" turn into demolition experts, it's often a form of unconscious hostility or envy. Then again, your friend may simply have bad manners. If you want to protect your home against further assaults, you must summon up the courage for a direct confrontation. Possibly your friend isn't even aware of what he's doing, so you must tell him—politely, but without pulling punches. Unless he shapes up, the only safe place to see him will be *outside* your door.

I've heard a lot about women who are sexual "slow starters," but in our case my husband is the one with the problem. He has no trouble getting an erection, but then it takes him a long time to have an orgasm. Sometimes, he can't climax at all. What should we do?

First, it would be wise to check out any physical cause—a visit to a competent urologist should take care of that. More likely, however, your husband's problem has emotional roots. The sexual pattern you describe is fairly common. Some men have a deep-seated fear of commitment, frequently caused by long-repressed hostility or guilt. They never want to get "too involved."

A few of these men may be so "detached" that they have a great deal of unconscious anxiety about the sex act itself. In most cases, though, it's the emotional intimacy that bothers them. A man may have no problem as long as he has no deep feelings for his sexual partner. With a woman he really cares for, however, the symptoms start to show up. And when he gets married—entering perhaps the most "binding" relationship of all—he's likely to feel more threatened than ever.

I believe it would help if your husband were able to discuss these problems with a good therapist—preferably a psychiatrist who is trained in both psychoanalysis and sex therapy.

I know a woman who won't change a thing in her house without a decorator to hold her hand. What's wrong with people like that—haven't they ever heard of good old-fashioned self-reliance?

Self-reliance is a wonderful quality. But self-reliant people don't have to do everything themselves. It's one thing to be a slave to other people's tastes; it's another to get expert advice before making up your own mind.

Some people, of course, do become too dependent, often because they have too low an opinion of themselves. They really *don't* know what they want their homes to look like, so they rely on a decorator to tell them. There are others, however, who simply prefer to have the work done for them; they just don't want to bother with fabric swatches and furniture stores.

Remember, too, that a person who seems utterly self-sufficient may actually have strong secret yearnings for dependence. She must act like a rebel for fear she'll turn into a clinging vine, so she refuses to seek help even when she needs it. The genuinely self-reliant person, on the other hand, is not afraid to call on someone else's special skills.

Though I'm not ordinarily superstitious, I do get funny feelings about numbers. Six is okay, but I don't like four—on an airplane, I won't even take a seat marked four or 44. What does all this mean? Could I be a disturbed person?

I wouldn't say so, since countless other people share your feelings—about numbers, colors and symbols of all kinds. Why does a symbol attract or repel us? Usually the reasons are unconscious, related to past associations of which we are no longer aware. Often, however, they can be brought out through psychoanalysis. Let me give myself as an example.

I never liked the number two; I always preferred three. This didn't make any sense to me until I was psychoanalyzed. It turned out that when I was in grade school, poor students were put in a class labeled two—the "dumb" class—while good students were in class number three. My family moved around a good deal when I was a youngster, and each time I entered a new school I was automatically put in class two, until I proved I was "smart." Once my associations came to light, I no longer reacted so strongly to those numbers. But old habits die hard and, like you, I still get twinges of those "funny feelings." **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in this column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in this column can be answered.

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A Long Way From Home

ARE WE ALL LOOKING FOR A SPECIAL PLACE WHERE OUR HEARTS BELONG, AND WHERE WE FIND OURSELVES? A SENSITIVE SHORT STORY BY BARBARA ROHDE.

My name is Jenny Barnes. I am 31 years old. I do speech therapy for the public schools. I also do quilting, cross-country skiing, play clarinet for the community orchestra and look after the growth of several African violet plants, two cats and an 11-year-old daughter. But I have discovered that whenever a stranger asks, "What do you do?" it means "What do you get paid for?" I acknowledge that fact. But I do not like it.

I have an ex-husband, Joe, who lives 1,735 miles away from me. I have not seen Joe for five years. We talk occasionally on the telephone about our 11-year-old daughter. We are not hostile, but we are rather formal. If you walked through the room while I was on the telephone with Joe, you might think I was talking to my insurance agent or the dentist's receptionist. Our divorce wasn't cruel, but neither was it particularly friendly. I do not think I believe in the friendly divorce.

Our 11-year-old daughter is named Holly. Those of you who are skilled in higher mathematics may have noticed that I became a mother at a very young age. I became a wife two years before I became a mother—at the age of 18, I shall add for the benefit of those of you who *(continued)*



Illustration by Jerry Thurston

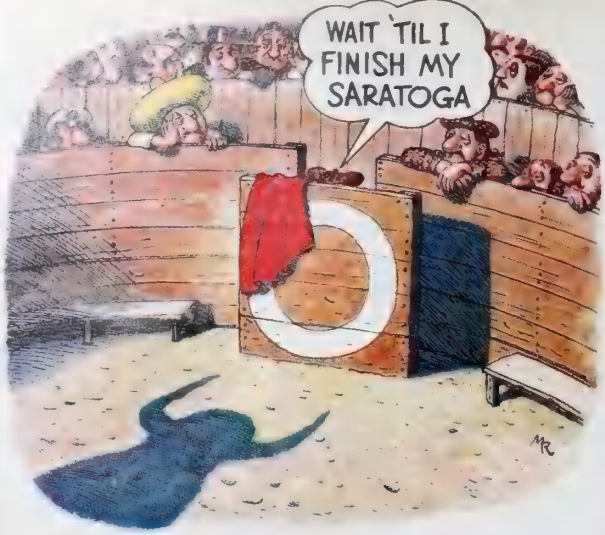
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A Long Way From Home

continued

aren't skilled in higher mathematics. In the midst of o coming apart Joe accused me of marrying him not because longed to live with him but because I longed not to live wi my mother and father. There is a little truth in that, I suppos though I have never told him so.

Holly spends summers and every other Christmas with Jo They get along well together, Holly tells me, and she likes h new wife and young half brother. Still, when she came ba from her last visit, I could tell something was bothering her.

Finally, I just said, "What's bothering you?" and she sa (after six "Oh, nothings") that she didn't like feeling like *houseguest* all the time rather than like one of the family. "I nothing that they *do*," she hastened to add, she, the eter peacemaker. "It's just the way things are. I visit Daddy but isn't my home. I'm still a visitor. I used to think I was kind lucky and had two homes, but now I don't think I have *any*."

That startled me. I looked around our apartment, at all th familiar things—furniture, books, paintings, pottery—th things that said a welcome to me when I came in from wo each afternoon, things that seemed an extension of myself an of Holly, so that I felt that even when I was away from th place a part of me was still there. I looked at those things an at Holly, who was now my "family," and asked, "Doesn't th seem like home?"

She thought for a moment and then shook her hea "Nope," she said, gently but finally. "We're just renting. Ou neighbors keep changing every six months. We don't eve know a lot of them. We can't plant a tree and watch it grow. W can't even change the color of my bedroom walls or put in a extra window. It's an okay place to live, Momma, but it's not home."

I noticed little tongues of pain quickening within me—all th old guilts coming alive. *Failed marriage. Bad mother. Poor litt baby girl.*

But then the reflective side of my mind, the side that curious rather than judgmental, saved me from what I hav come to think of as "wallowing."

I hugged Holly and said, "I think I know how you feel," bu the rest of the day I tried to decide whether I really knew ho she felt. I tried to understand her idea of home and my idea home and how much anyone's idea of home depends on plac how much on permanence, how much on certain qualities experience. And how do we reconcile our hunger for rooted ness with our hunger for freedom? And how can we put dow roots in a time when the ground shifts daily beneath our feet

It seemed to me our country would never have been founde at all if there had not been people who believed that homes ca be created as well as inherited, who believed in "moving on" i the face of failure or dissatisfaction. But I had the feeling tha now that idea had run wild, so not just houses were easil abandoned, but people as well, so that everything become replaceable—friends, wives, even children. No wonder Holl longed for a visible sign of permanence. And I wondere whether my own hesitancy to put down roots was a sensibl response to the uncertainty I had about staying in my preser job or a fear of the pain of another uprooting.

All my questions reminded me of the weeks I had sper right after my divorce looking for a therapist who woul understand what I meant when I said that I hated the twen tieth century.

"What seems to be the matter, Mrs. Barnes?" each woul ask.

"I hate the twentieth century," I would respond. It was m own one-sentence qualifying test. One by one they would sho me they had no idea what I was *(continued*



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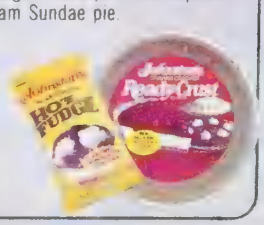
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The Old El Paso Taco Burger

give you is the key to a door to a house than no longer exist

She liked the key. "Someday I'll build a house, Momma, a I'll have a lock made that this key will open." It was a nice ic to play with. We talked about the kind of house she would lik where it would be, how many rooms it would have. She ev drew pictures and floor plans and asked me all about the hou where she had first lived.

In many ways it was hard to talk about that house. Joe an had begun there with such hope, such joy in the arrival Holly, so many plans for the future, and then had watch everything fall apart. Nor did I want to be reminded of hov had acted during that time, how much pain we had caus each other, intentionally as well as inadvertently. Still, Ho was persistent, and I guess I have learned pretty much forgive that young woman I once was.

So I began to tell her stories about our life in that house told her about the September day we had moved in and hov had loved the window seat in the dining room, and t breakfast room looking out on the small but beautiful backya and about the tiny bedroom next to ours that we immediate named the nursery. I told her about the day we went out a bought the rocking chair and how, after it was delivered, carried it into the nursery. Joe had sat in it for a half hour more, rocking and rocking, and singing—"practicing my l labies," he told me. I told her about her birth, how I h awakened in the middle of the night feeling rather strange b not sure I was really in labor, so I didn't bother to wake Joe. had gone into the nursery and sat in the rocking chair, rocki and looking out at the November sky, which was clear a starry for a change, until I was sure. Then I woke Joe and drove to the hospital. She had been born four hours later an after the birth, I was so high I kept telling everyone I saw, love you."

Some evenings, after Holly and I had talked a long time a she had gone to bed and I was sure she was asleep, I would

A Long Way From Home

continued

saying, or didn't believe what I was saying, or didn't find it relevant. Instead they wanted to help me understand my relationship with my father, or to prescribe a mood-elevating drug, or to set up a reinforcement schedule for me to reward myself, as a means of fighting depression.

Finally I found Dr. Haywood—Alex—who laughed and confessed he, too, hated the twentieth century.

"Except for good plumbing, good medicine and ice-cold beer," he had added. "I'd have a hard time giving those up. Still, the death of the spirit is a high price to pay for flush toilets."

Alex helped me through a bad time. I saw him every week for about six months and then we said good-bye. Or rather I said good-bye. He said, "God be with ye, too, Jenny." He wanted to remind me of the origin of the word. That was one of the things he felt strongly about, that people should remember where things come from.

Anyway, to get back to Holly and her hunger for a home, I spent a lot of time thinking about it. Somewhere in there, I found the key to the house Joe and I had brought her home to after she was born. It had been a nice old house on the edge of the campus where Joe was studying pharmacy. The key was attractive in itself, a large brass key, so I bought a chain for it and gave it to Holly to wear as a pendant.

"The house isn't even there anymore, Holly," I told her. "It was torn down to make way for a new science building. But we might as well face it—in the olden days parents left their children acres of land and the sprawling manor house. All I can



The Old El Paso Tuna Tostadas



my own bed and cry and cry. Sometimes I had the feeling I d been saving up my tears for 31 years and now they were all ouring out at once. I found I was weeping not just for my own st hopes but for those of everyone I knew—for my friend ny, who had just had her second miscarriage; for my father, nose longing to be a lawyer had been thwarted first by a epression, then by a war; for my brother Jeff, who was not le to find a job teaching the history that he loved and instead d settled for a job with an insurance company—and so on d on and on.

After the second session of tears, I began to worry a little out myself and had the impulse to call Alex Haywood long stance and pour out my soul, but I had the feeling I knew us th well enough now to be able to write the script for that nversation without any help from him.

"I'm crying a lot, Alex."

"There's a lot to cry about, Jenny. Anything in particular?"

"Lost hopes, you might say. My own. Everyone else's."

"I have a few you could add to the list. Do you feel sick or st sad?"

"I feel awful. Isn't that sickness?"

But I didn't call him. I kept on telling Holly stories, sensing was not only giving her the past I had for the last few years enied her, but at the same time I was reminding her there as a future there to be entered.

I suppose it was inevitable after all that talk that Holly ecided she wanted to go visit her "hometown."

"But it's all changed," I kept insisting. "The house isn't ere. Our friends have moved away. The population has pled. I probably wouldn't even recognize the place."

But Holly was persistent, and when our spring vacations me, we packed our bags and found someone to feed the two ts and water the seven African violet plants, and we set off on r journey back to Holly's home.

It was even more changed than I had imagined it would be. The images of memory are stronger than the images of invention for most of us, so though I knew what had happened to all the other places in the world I had known, it still was a shock to find it had also happened here. The highway into town, which once had been lined with orchards and green fields, was now a long strip of signs and shops—places that wanted to sell us fast foods, used cars and lodging for the night, undistinguishable from all those other long strips leading into countless other towns in the United States. The old buildings I had loved were still there, but they were now surrounded by other buildings, so that the entire context was changed. As I drove south I could still see the courthouse clock and the spire of the church in the distance, but instead of their being framed by the leafy greenness of maple trees, I now saw them through the distractions of a revolving bucket of fried chicken and the red neon cow of the dairy store.

For Holly, of course, the change in the town itself was invisible. She was used to the cluttered approaches to cities. She focused instead on the charm she saw—the beauty of the streets lined with flowering plum trees, the big old Victorian homes near the center of town, the beautiful green hills that surrounded it.

We drove down the street where we had once lived and I saw "our" corner but had to drive five blocks beyond before I could find a place to park. We walked back past the campus stores, and I looked for the ice cream shop where we had gone for cones and the shoe repair shop (where I had hoped to find Mr. Berini still at work), but those shops had been replaced by a pizza store and a place that sold pottery and macrame. I glanced up at the street sign to make sure we were in the right place. The name was the same. That was all.

I had expected and feared Holly's disappointment at seeing the place where she had first lived. I think I also had persuaded myself that having to face that reality might be a necessary experience for her, but I don't think I *(continued)*

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1 lb. ground beef
1 10 oz. can **Old El Paso Tomatoes and Green Chilies**
1 envelope **Old El Paso Taco Seasoning Mix**
¼ cup water
1 tomato, peeled and chopped
8 hamburger buns, split and toasted
2 cups shredded lettuce
1 cup (4 oz.) shredded American or Monterey Jack Cheese

Brown meat; drain fat. Stir in Old El Paso tomatoes and green chilies, taco seasoning mix, water. Simmer uncovered till thick, about 15 minutes. Stir in chopped tomatoes. Heat. Divide, spoon onto buns; top with lettuce, cheese. Serves 8.



THE OLD EL PASO TUNA TOSTADAS

1 9¼ oz. can tuna, drained and flaked
2 **Old El Paso Whole Green Chilies,** seeded, rinsed and drained and chopped
1 tbsp. lime juice
¼ tsp. salt, dash pepper
8 **Old El Paso Tostada Shells**
2 cups shredded lettuce
1 tomato, chopped, drained
1 small ripe avocado, seeded, peeled and cubed
lime wedges
Old El Paso Taco Sauce

Toss tuna, chilies, lime juice, salt, pepper. Divide and spoon tuna mixture on shells; top with lettuce, tomato, avocado. Pass lime wedges, taco sauce. Serves 8.



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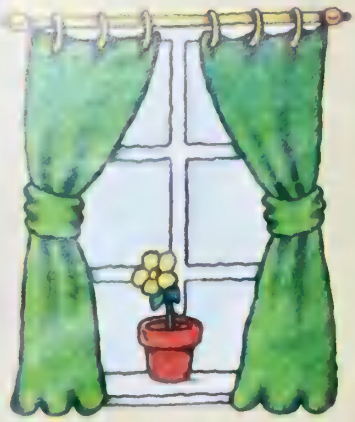
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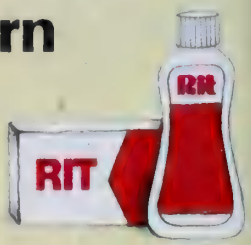
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A Long Way From Home

continued

realized how strong her dejection would be. I think she expected that though the house was gone there might be other recognizable things still left: the tree in the backyard I had told her about, where Joe and I had put up a swing for her when she was barely old enough to hold on. Even I had thought we might be able to look out the windows of the Andrew Harvey Hall of Science and I could point out the birch-lined street leading north from the campus and the green of the hills beyond and say, "This is the world I showed you every morning when I picked you out of your crib with your wet diapers and hungry mouth." But the north wall of the ugly, institutional building was windowless. The only view we could look out to was that of a concrete parking lot.

We had been there only a few minutes when Holly said, "Let's go back to the car." Her face was held in a way I had never seen it—tight and pale like a Halloween mask—and it frightened me. All the five blocks back to the car we walked in silence, past the unfamiliar shops and the faces of strangers.

I kept trying to think of a place where we might go to feel less alien and I remembered the park on the edge of town by the river.

"Let's have a picnic," I said to Holly.

"In March?" Her face didn't even turn toward mine. Her voice was dead.

"March is the best time," I said, not with the false enthusiasm I sometimes resort to in my role of "coping mother," but with the authority I genuinely felt about the statement. "We'll have the whole park for our very own—except for the joggers and the ghosts of summer."

"If you want to."

We stopped at a sandwich shop and ordered two pastrami to go and a couple of cartons of milk, bought some fruit at the small grocery next door and drove to the park. As I had expected, it was almost empty. The sky was overcast but there was no rain. The ground was damp but not soggy. The air was cool but not biting.

I parked the car and grabbed our ever-ready picnic basket and we started off down the path beside the river. The river was high and swift, not the gentle lazy stream I remembered from August picnics. I liked watching its movement. I sat down on a stump beside the path while Holly sat in the tall grass at the river's edge. We watched the river for a long time. I wondered why it seemed so peaceful in its rapid movement. I thought it must be the sense it gave of channeled energy, the sense of direction.

After a while I closed my eyes so I could hear things better—the river and the sweet calls of unknown birds, the caw of crows, the motion of trees in the slight wind. Even the distant hum of traffic was muffled enough to take on the aspect of music. I breathed deep and felt as if scales had dropped from my skin, from my eyes. I opened my eyes to see if scales had truly dropped from them.

When I opened my eyes, it was just in time to see the flick of Holly's wrist and the arc of a shiny object toward the brown water of the river. I tried to define the shiny object and then I realized it was the old brass key. I felt as if a part of myself had been lopped off and discarded into that rushing current. I felt a terrible anger.

"Good grief, Holly, what are you doing?" The strength of my feeling startled me. I think it startled Holly too, but I noticed that she didn't flinch. I was pleased, even in the midst of my anger that she didn't flinch.

"I'm getting rid of that key to nowhere, Momma. I'll find a new key. What's over is over."

I put my hand on her shoulder, gently but I couldn't speak just then. We walked on down the path, turned with it away from the river and into a *(continued)*

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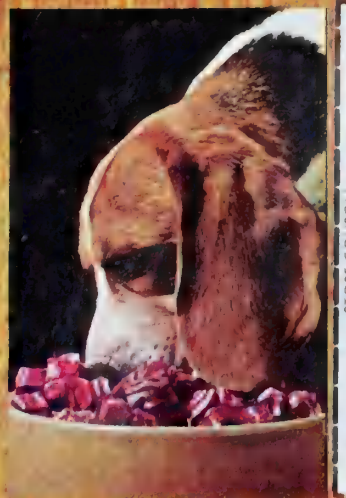


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A Long Way From Home

continued

clearing where there were horseshoe pits and a small wooden spectator stand with six rows of seats. But no people. Except us.

I have always felt a certain poignancy being in public places when they are empty—theaters, churches, a football stadium. Now I could almost hear the sounds of the horseshoe games: the ring of the shoe against the stake, the laughter of the players, the occasional applause from the bleachers. I went over and sat on one of the wooden planks of the bleacher stands.

"This what you mean by the ghosts of the summer?"

I nodded, pleased that Holly knew me so well.

"I'm going over to look at the deer," she told me. "We can have lunch when I get back. Okay?"

"Okay," I said. I guess she knew I needed to be alone for a while with my ghosts.

I sat there in the almost silence. I remembered the other times I had been there—the time I had watched Joe and my father pitching horseshoes in the summer sun, Holly lying on a pillow in a clothes basket beside me, her eyes staring up onto the swaying branches of the tall Douglas fir, my mother on the other side of the basket, smiling with a deep se-

a line from Carl Sandburg. "The past bucket of ashes."

"What does that mean, Alex?"

"What's over is over. It doesn't m the past was meaningless, only that past. You've got to hear the distinctio Jenny, or else life becomes one s note."

"Good-bye, Alex," I said. "God be u ye, I mean. That's not you talking in head, I know. It's the other side of me

I got up and walked around the bleach and down the path a ways. I looked u the sky and saw that it had taken on t special clarity of light that I remembe from other March days; days when sun is invisible but one is very consci of its presence because everything arou seems more sharply in focus. I loo down again and noticed some stra brown things sticking up in the gr beside the path. I bent over to see m closely and discovered they were winged seeds of maples, dozens of the each with a single pale green root curv out of the seed and straight into damp earth. It made the winged par the seed stand straight up. I was ama that I had never seen that before—al the years that I had known maples watched their seeds twirling toward ground, I had never before been pres at the new beginning. They must h matured in the fall, I thought, and cl through the winter to the leafless t until the earth was receptive again.

As I knelt there staring at those t beginnings of roots, at the split husks the seeds, it was as if I could feel th hunger, the same hunger that Holly and I have felt. Not a hunger for imm bility but a hunger to be connected the deep sources of nourishment in t mysterious ground.

I wondered how many of these se lings would grow into a magnificent sha tree like the one they had come fro Only a few, I guessed. Some were sta ing to grow on the edge of the pa others near the picnic tables where first mowing would put an end to th hopeful beginnings. Still, I thought, th begin. Wherever they fall, their hung for water, for light, impels them growth. There is no fear of the future keep them from creating it.

When Holly came back, after I h shown her the maple seeds, we spre our picnic tablecloth over one of the bles by the river and poured our m into our favorite mugs and divided sandwiches. We joined hands across table and said the silent grace that is custom.

"I like it here," Holly said. "I seven deer. I love you, Momma."

"I know," I said. "I suppose we shou move on after lunch. It's a long v home."

"I know," Holly said.

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A Long Way From Home

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Southern Fare: Plain and Fancy

A collection of treasured recipes from the women of Savannah, Georgia, where good food is an everyday event.



From hush puppies to curried chicken, fish fries to formal dinners, good food is hard to avoid in Savannah, Georgia. In casual picnic groves by the water or formal Georgian dining rooms—and anywhere in between—all are settings in which to celebrate the tradition of good eating so well preserved by the women of Christ Episcopal Church in their *Christ Church Cookbook*.

Our visit to the Georgia coast gave us the usual Southern hospitality in the very special setting of Savannah itself, certainly one of the most extraordinary, forward-looking examples of urban preservation and restoration in the country.

A burst of spring dogwood and azaleas added greatly to our pleasure as we set off to sample the first of our culinary events on the shores of suburban Isle of Hope: a variety of seafood dishes so typical to the area. Oysters Savannah led off, broiled on a bed of rock salt and prettily garnished with pimiento, green pepper and bacon; a shrimp creole (how could you go South and not try the local way with this classic?); and *(continued)*



Women of Christ Church welcome us to Savannah at a fish fry, left, consisting of (clockwise from top): Shrimp Creole (in the chafing dish), Oysters Savannah, Hush Puppies, Trout Amandine garnished with lemon wedges and parsley, Crab Cakes.



A spring garden formal lunch from Christ Church Cookbook *starts with Chatham Artillery Punch, lower right, then counterclockwise, Curried Chicken with Fruit, Rice Bread, Vegetable Salad, Lane Cake, Sweet Potato Pudding.*

then, best of all, a variety of fried fish: crab cakes, so simple and so good—just crabmeat, corn flakes and dried mustard; and trout amandine, browned quickly in wine and batter and covered with slivered almonds. All of this, plus the oldest favorite of all—hush puppies, those ridiculously simple fried corn bread cakes. For those who don't already know the origin of the name, the cookbook tells it once again: Hound dogs were a traditional part of Old South fish fries, and to quiet their baying, cooks would toss out bits of fried-fish batter with the admonition, "Hush, Puppies." Inevitably, one of the cooks tried a bit of batter himself one day, and a classic was born.

More formal fare awaited us in the garden of a mansion in the downtown Landmark district. Leading off, Chatham Artillery Punch, which we'd been warned to sample lightly, and one look at the recipe tells why: "As mild as tea and as potent as atomic fission." Hardly a recipe for everyday use, but one with such curious ingredients, we couldn't resist including it—wine, rum, brandy, whiskey, gin and champagne, plus assorted fruits, sugar and tea. Twelve gallons in all. (We also give an alternate.) More accessible were a chicken curry, sweet potato pudding and Grandmother Lippitt's Lane Cake that is guaranteed to stop all conversation at any dinner party—three layers with a filling of raisins, coconut and pecans.

Christ Church is Georgia's mother church, having been founded with the landing of James Oglethorpe in Savannah in 1733. Cookbook proceeds contribute to its ongoing good works and the women of the church, in addition to keeping the book in print (it was first published in 1956), are also active in sponsoring an annual tour of homes every spring, late March-early April. The tour is a unique way to see the best of Savannah.

Christ Church Cookbook contains approximately 600 recipes; for a sampling, turn the page; to order a complete copy, check the coupon on page 82.—JOHN STEVENS

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Miss Clairol. This I do for me!

The natural-looking haircolor with Color-Hold® Conditioning Shampoo.

Southern Fare

continued

SHRIMP CREOLE
pictured on page 79

6 slices bacon, cut into ½-inch pieces
2 medium onions, finely chopped
2 medium green peppers, finely chopped
1 garlic clove, minced
1 can (16 oz.) tomatoes
1 pound peeled and deveined shrimp
3 cups hot, cooked rice

In large saucepan, fry bacon until crisp; remove with slotted spoon and drain on paper towels. Discard all but 2 tablespoons bacon drippings. To drippings in saucepan, add onions, green peppers and garlic; sauté until tender, stirring occasionally. Add tomatoes and cook, uncovered, until thickened. Add shrimp and continue cooking until shrimp turns pink and is tender. Stir in bacon. Serve over rice. Makes 4 servings, about 210 calories without rice.—*Mrs. Monteith Capps (Barbara Butler)*

OYSTERS SAVANNAH
pictured on page 79

1 pound sliced bacon, cut up
1 cup chopped green pepper
1 can (4 oz.) pimiento, drained and chopped
1 teaspoon salt
½ teaspoon pepper
1 tablespoon paprika
1 quart oysters in the shell
Rock salt

Combine bacon, green pepper, pimiento, salt, pepper and paprika. Fill natural oyster shells with oysters. Cover with bacon mixture. Heat rock salt on steel platter or broiler pan well covered with aluminum foil. Place filled oysters on heated rock salt and broil until golden brown on top, about 10 to 15 minutes. (If oyster shells are unavailable, use 1½-quart casserole, alternating layers of oysters and bacon mixture, ending with bacon mixture on top. Bake at 350°F. for about 40 minutes.) Makes 8 servings, about 400 calories each.—*Pirates' House Restaurant and Pirates' House Cookbook*

HUSH PUPPIES
pictured on page 79

1 cup cornmeal
1 tablespoon flour
1½ teaspoons double-acting baking powder
½ teaspoon salt
¼ teaspoon pepper
1 large mild onion, finely chopped
1 egg
½ to ¾ cup milk
Salad oil for frying

In medium bowl combine cornmeal, flour, baking powder, salt and pepper. Add onion and egg. Mix and beat well. Add milk, a little at a time, until batter is smooth.

In saucepan heat at least 2 inches of oil to 375°F. on deep-fat thermometer. Drop batter from the side of a tablespoon into hot oil and fry until golden brown. Remove with slotted spoon and drain on paper towels; serve immediately. Makes 10 hush puppies, about 85 calories each.

TROUT AMANDINE
pictured on page 79

⅓ cup butter or margarine
½ cup chopped almonds
1 cup milk
½ cup flour
Salt and pepper to taste
6 trout fillets
⅓ cup white wine
Parsley
Lemon and lime to garnish

In large skillet, melt butter or margarine. Add almonds; sauté until lightly browned; remove with slotted spoon. Set aside.

Pour milk into a shallow dish. Combine flour, salt and pepper in another shallow dish. Dip trout first in milk then in flour. To drippings in same skillet cook trout on both sides over medium-high heat until lightly browned. Add wine; heat to boiling. Remove to serving dish. Sprinkle on almonds. Garnish with parsley and lemon and lime slices. Makes 6 servings, about 350 calories each.

CRAB CAKES
pictured on page 79

1 pound crab meat
1 egg
2 tablespoons mayonnaise
1 tablespoon prepared mustard
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon celery salt
½ teaspoon parsley flakes
½ cup fine bread crumbs
1 tablespoon butter or margarine

In medium bowl, combine all ingredients except bread crumbs and butter or margarine. Shape into 4 patties and coat in bread crumbs. In large skillet, melt butter or margarine, add crab cakes and brown on both sides. Makes 4 servings, about 290 calories each.—*Mrs. Moultrie Lee (Jeanne Roney)*

CHATHAM ARTILLERY PUNCH
pictured on page 80

1 pound green tea
2 gallons cold water
3 dozen oranges
3 dozen lemons
5 pounds brown sugar
3 gallons Catawba or Rhine wine
1 gallon St. Croix rum
1 gallon brandy
1 gallon rye whiskey
1 gallon gin
2 quarts maraschino cherries
12 fifths champagne or club soda

EDITOR'S NOTE: It may be tongue-in-cheek, but our Savannah friends really do make this. We tasted it. Warily! For the adventurous—who happen to be planning a bash for 200 of their nearest and dearest—here is the original recipe for the punch as it appears in Christ Church Cookbook. Following that is our trimmed-down (not in potency, mind you, just time and quantity) version.

About 2 to 6 weeks before serving, pr pare stock. Combine tea and cold wat Let stand overnight; strain. Add the jui of the oranges and lemons to the brow sugar; stir until sugar is dissolved. Ad remaining ingredients except champag or club soda; cover lightly. Allow to sta (ferment) for 2 to 6 weeks.

Strain off cherries and put liquid gallon or quart bottles. Just before ser ing add 1 fifth of champagne (club soda sparkling water may be substituted) each gallon of this stock. Pour over lar piece of ice in a punch bowl and serv Makes 12 gallons or 200 servings.

LHJ'S CHATHAM ARTILLERY PUNCH

1½ cups green tea (about ¼ lb.)
2 quarts cold water
9 oranges
9 lemons
1 pound brown sugar
3 quarts Catawba or Rhine Wine
1 quart St. Croix rum
1 quart brandy
1 quart rye whiskey
1 quart gin
2½ quarts champagne or club soda or sparkling water

About 3 to 5 days before serving, prepa stock. Combine tea and cold water; l stand overnight, strain. Add the juice the oranges and lemons with the brow sugar; stir until sugar dissolves. Add r maining ingredients except champag and cover lightly. Allow to stand (fermen for 3 to 5 days; put liquid in gallon quart bottles. Just before serving mix parts of this stock with 1 part of cha pagne (club soda or sparkling water ma be substituted for champagne). Pour ov large piece of ice in a punch bowl an serve. Makes 12½ quarts or 50 servings.

CURRIED CHICKEN WITH FRUIT
pictured on page 80

⅓ cup flour
1 tablespoon curry powder
1 teaspoon salt
½ teaspoon ground ginger
3 whole chicken breasts, split and boned
¼ cup butter or margarine
1 can (8 oz.) sliced pineapple
1 can (11 oz.) mandarin oranges
1 tart apple, cored and sliced
1 tablespoon lemon juice

(continued on page 167)

Christ Church Cookbook contains over 600 recipes on 211 pages. This soft-cover, spiral-bound book has many recipes that have come down through generations of fine cooks who helped to give Savannah the reputation for setting good tables. To order your copy, send $6 plus $.50 for postage and handling to:
Christ Church Cookbook
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Christ Church Parish House
18 Abercorn Street
Savannah, GA 31401
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KATE JACKSON

THAT FEISTY EX-ANGEL IS LIVING HER OWN LIFE NOW

Kate left the TV series that brought her Angel-fame. But her young husband, family plans and a more varied career more than make up for the halo.

Kate Jackson was the second defecting Angel in Charlie's formerly triumphant triad. She left the series in 1979 to pursue her own career and, as she told the *Journal* two years ago, to be married by the time she turned 31. When the *Journal* last spoke to her, she was dating actors Warren Beatty and Nick Nolte with the knowledge that neither man would become her husband. She had yet to meet Andrew Stevens, the 24-year-old son of actress Stella Stevens. It was on the beach at Malibu in July, 1978 that their romance began; they were married six weeks later on Martha's Vineyard.

Kate is still the slender, feisty, independent actress she was at the peak of *Charlie's Angels* success. Always outspoken, not as glossy as the others who made their fame on the show (Farrah Fawcett, Jaclyn Smith, Cheryl Ladd and the also departed Shelley Hack), she doesn't have any regrets about leaving the series.

As we sit, talking over coffee at her dining room table on a bright California Sunday morning, Kate is keyed with energy; her face, animated and makeup-free, seems to contort in a hundred humorous expressions. She is wearing a checked shirt obviously a couple sizes too large for h and faded blue corduro jeans–no shoes. "I comfortable," she sa aware of her rather u glamorous appearan "I'm going outdoor ro er-skating later this afternoon and I want to g some sun. Who needs makeup?"

The new Beverly Hills home she and Andrew ha bought is in complete disarray. All around, the are unpacked cartons, crates, furniture and kee sakes heaped in corners. "It's a mess now," Ka says, "but it's going to be beautiful—another st into the future."

Kate prefers to deal with the present and futu than recall the past. When she does glance back her days as an Angel, it is usually with a sigh relief that she no longer is one.

"I'm not as nervous as I was during the sho she says. "I'm not under as much strain and neg tive pressure. There's not as much hassle; no mo beating my head against the wall. Still, I suppo I'll probably always be identified as an Angel, a there are worse things in life than that."

It has now been nearly two years since Kate fi asked for her release from her *(continued on page 1*



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"Mop & Glo cleans and shines my regular floor... It's as easy as damp mopping."

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DOES MARRIAGE GIVE TODAY'S WOMEN WHAT THEY REALLY WANT?

30,000 JOURNAL READERS SHARE THEIR INTIMATE LIVES

In one of the most important surveys on the state of marriage today, 30,000 women tell how their relationships are surviving our troubled times. Here is a look at the pressures that tear some marriages apart—and the secret strengths that enable others to flourish. By Terri Schultz



Some of our findings:

FIDELITY:
One woman out of five has been unfaithful to her husband.

DIVORCE:
Half of the happily married women have seriously considered divorce.



HAPPINESS:
Three out of four women say their marriage satisfies them.

WORKING:
If a wife likes her work, her life works better.



For more, read on...



MARRIAGE TODAY

AN LHJ REPORT



You are about to read the most in-depth and vivid profile ever drawn of modern marriage. It will reassure you or disturb you, depending on the kind of relationship you have—or want to have. But above all, it will surprise you.

Our report is based on your answers to a detailed, thought-provoking questionnaire—"Intimacy Today: Explore the Secret Strengths of Your Marriage"—that appeared in the *Journal* last November. Your response was overwhelming: 30,000 women took the time and trouble to complete and return the survey.

We wanted to know, among other things: What do today's women want from their husbands and marriage? What are they getting? What has happened to their marriages over the last tumultuous decade? Why do some marriages grow stronger and others fail? You answered these questions and many more.

Nine out of ten of the women who responded are married (see "Who Answered," on page 148). What did they have to say about their marriages?

Three out of four reported that their marriages are "good" to "very good"—and most expect it to get better in the next five to ten years. Obviously, marriage is thriving beyond all expectations. Yet these are rough times for women. We asked if they had suffered from any symptoms of stress—such as frequent headaches, crying easily or feeling lonely or worthless—recently.

The average woman revealed she had about five symptoms of stress in the last year, even if her marriage is good! How can such disparate messages come from the same women—and both be true? Because the women who answered our survey—the women of America, your neighbors, your friends—are caught up in what may be the greatest period of transformation that has ever challenged American women, their partners and their families. And there is a price to be paid for this coming of age.

Change brings stress, and the more traditional a woman, we found, the more she suffers. But a new woman is emerging, a happier woman, we call her a changing woman. Although feminists and traditionalists are still locking horns over how women and men should behave with each other, these changing women have already made up their minds. Quietly, and without fanfare, they have altered the way they live and the shape of their marriages—out of necessity, or out of desire, and with the help of a supportive man.

Although the changing woman usually has children, her world does not center around them. She has a life and a mind of her own. She feels free to disagree with her partner, believes she has control over the important events in her life and is, in general, content with her mate, her family and friends, and her job, if she has one.

Our survey shows that changing women are the most fulfilled women because they have eroded, and in some ways destroyed, the arbitrary division between what has long been considered the "male" and "female" personality. They have the happiest marriages, which, according to our statistics, occur when both partners are assertive yet vulnerable, independent yet communicative, gentle yet self-confident. As a result, instead of weakening the institution of marriage, they have strengthened it—and themselves as well.

In contrast, the woman who has a greater number of traditional "feminine" personality traits—a distinction discovered when we asked women to describe their personalities—has centered her life on her children and her partner, even if she has a job outside the home. In general, she feels unloved, unappreciated and isolated, but she can't talk about her problems with her husband—usually a man who is not very emotional, sensitive or communicative, she told us. And she does not feel as able as the changing woman does to cope with the world around her.

But let's get down to details. For example, how do traditional women and changing women differ in their attitude toward divorce?

Divorce has been seriously considered by 54 percent of the women surveyed. When we broke down the statistics, however, we found that 61 percent of the traditional women have seriously considered divorce, compared to 29 percent of the changing women. This holds true even though traditional women report almost as many good marriages. We suspect that in some cases traditional women reported that their marriages were better than they actually are. After all, it was not uncommon, in



the past, for women to blame themselves for problems that occur in relationships, to feel that "the marriage is okay—something must be wrong with me." This translates into guilt, depression and disillusionment about love—symptoms found more frequently among traditional women.

But all the women surveyed said that, right now, their marriages are strong. Only 19 percent of the women have ended a marriage—much lower than the national average. Still, divorce is a fairly common consideration, even in generally happy households.

Most women, however, decided not to get a divorce—for two reasons: One, the fear that a divorce would harm the children (27%) and two, the hope that the marriage will improve (47%). Women in traditional marriages often add two other reasons for avoiding divorce: They are afraid to be alone (33%), and they are afraid they can't support themselves (30%)—a fear that the less traditional woman seldom mentions. The changing woman, in fact, has fewer self-doubts, fewer signs of stress in all areas of her life. She blames herself less often, is more self-confident, asks for more out of life—and feels she gets more. Yet the changing woman has problems, too.

When we listed 13 of the most common symptoms of stress, almost one out of two of all the women surveyed reported that in the last year she had "tired easily" (48%), and felt "tense or keyed up" (41%). Almost one out of three said she had "frequent headaches" and "often felt lonely" (31% each). Others felt "constant worry and anxiety" (28%); "often felt guilty" and "cried easily" (24% each); and had "digestive problems" (22%).

Most women are able to reduce this stress by talking about their problems with their husbands or partners: 60 percent of the women said that they would take this approach, although we found that the changing woman is most likely to do so, probably because her partner is more communicative. The traditional woman is more inclined to take her problem to a friend. Other common ways women cope: they "watch TV, listen to music or read" (55%); cry (41%); pray (39%); and "devote more energy to work or a hobby" (31%). Only six percent say they would see a counselor or therapist.

Most women today are obviously too busy and stretched too thin, which leads to stress. We also found that some of their tension centers around specific conflicts, especially money, children and sex.

Almost one in three women told us that the lack of money is a major problem between her and her husband. Obviously, inflation has created the most recent strain on today's women and their marriages.

Money problems ranked far above all but one of the other problems listed: "differences in personal interests" and "sexual dissatisfaction" (20% each); "conflicts over relatives or friends" (16%); "conflicts concerning children" (13%). The only exception: "poor communication," which was also listed as a major problem by nearly one woman in three. We can assume that some of these communication problems involve financial matters. In fact, many women told us that a marriage may be good, solid, loving and still be rent by outside forces, such as the high cost of living, over which a couple has no control.

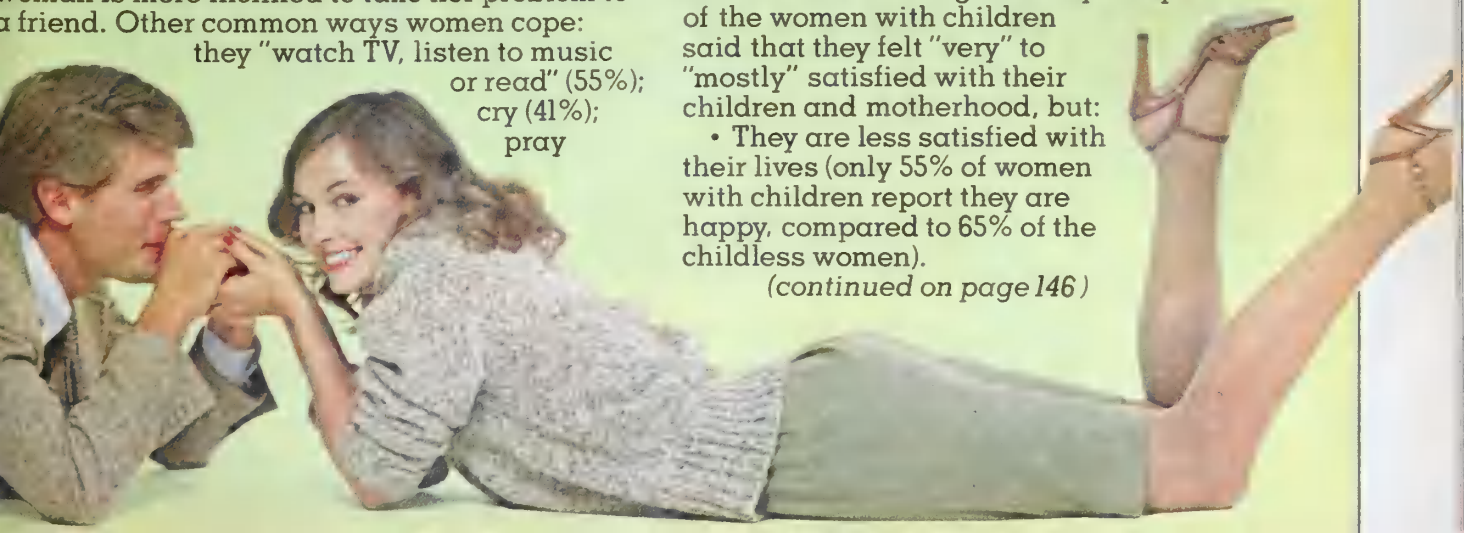
As one woman, who is married to a computer programmer, explained: "I sound like a bald-faced liar, saying I'm happy and my marriage is great and still cataloging all these symptoms. But these 'illnesses' are chiefly signs of frustration with the world—with my expectations of where we'd be by this age. It's frustrating to be making a combined income of $25,000 and still not be able to buy a home. I also wanted a child by this time—but I want a home first. The catch-22 is that if we do buy a house, I won't be able to afford to stay home and take care of the baby."

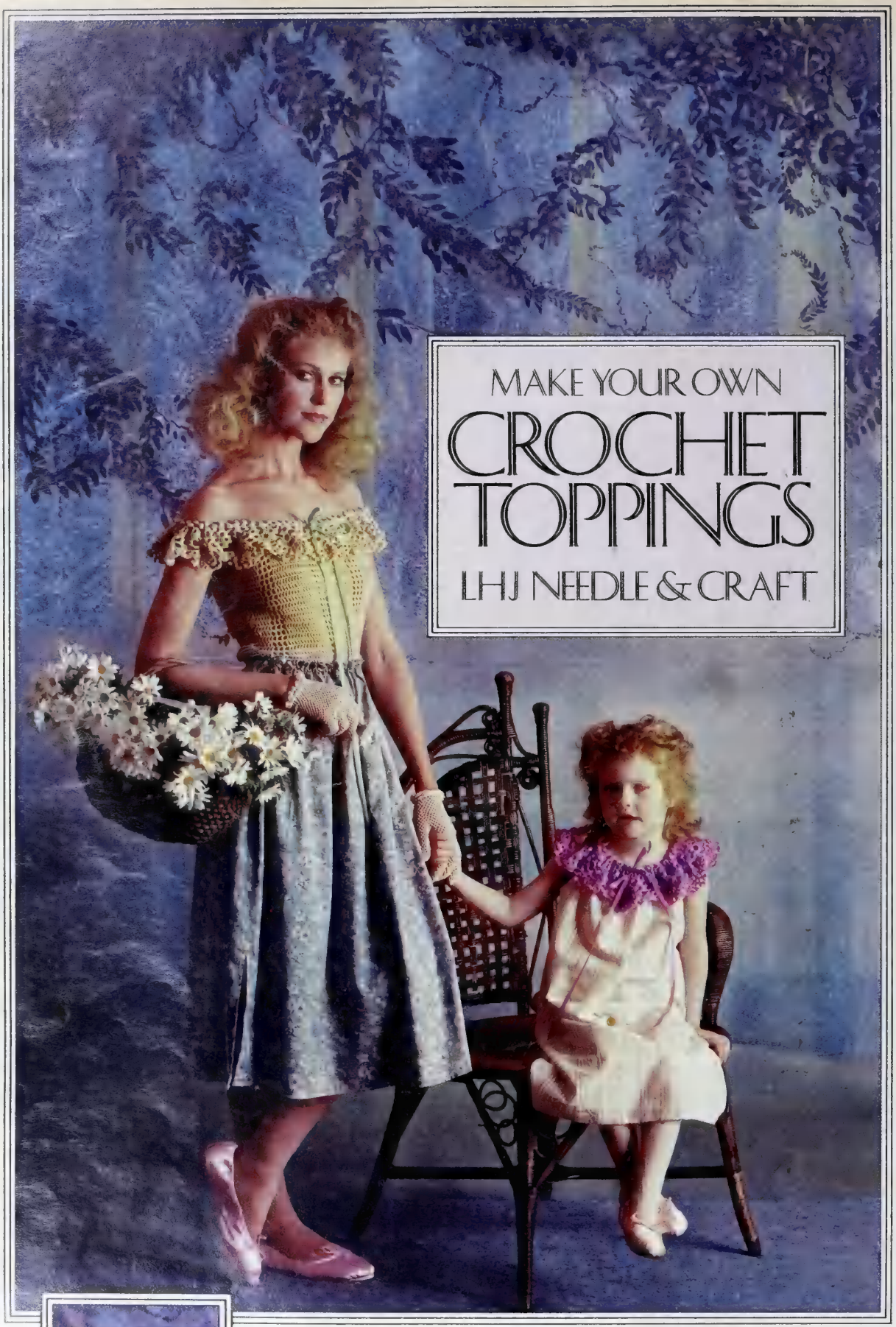
Although inflation has given women new worries, the "cost" of children—financially and emotionally—also contributes to their anxiety.

Women who do not have children are happier than women with children. The statistics are striking. Seventy-one percent of the women with children said that they felt "very" to "mostly" satisfied with their children and motherhood, but:

• They are less satisfied with their lives (only 55% of women with children report they are happy, compared to 65% of the childless women).

(continued on page 146)





MAKE YOUR OWN

CROCHET TOPPINGS

LHJ NEEDLE & CRAFT

What daydreams are made of—romantic ruffles of handiwork in pale tints. Best, these simple crochets (here, opposite) are easily attached to your choice of fabrics with ribbon. Above, left: Flirty bodice with soft skirt. Right: Ruffle collar perks a child's dress. By Ann B. Bradley, Crafts Editor.

Photographs by Barry Lategan. Hair and makeup by Sharon Slattery. All designs by Gail Diven. Luster Sheen yarns by Coats & Clark. Fabrics by Stylecrest. Ballet shoes by Capezio Ballet Makers. Mail-away information for cap, tote, page 156.



A carnival of brights—carefree crochets for warm-weather days. Above, left: Little girl's short camisole tops a charming print. Right: Same crochet pattern in a grownup halter, joined to a skirt. Go-withs: A crochet cap and tricolor tote. Complete instructions for skirts and tops, see page 156.



Three generations share one beauty philosophy: to look their best—at any age. By Maureen Lynch, Health and Beauty Editor.

Beauty in the Family

Here are the women of the David family—mother, Reneé, 38; grandmother, Anna Christa, 76; daughter, Christa Mathieu, 16. Part of their good looks and healthy vitality is hereditary—the well-defined bones, clear blue eyes. What counts more is the way they take care of themselves. Keeping fit. Finding the right makeup. Turn the page for step-by-step tips on how you can look better than ever—without age limits.

Photographs by J. Frederick Smith. Hairstyles by Mark Kane. Makeup, left to right, by Jac Colello; Sally Sommers-Kaplon; Sharon Slattery. Fashion, left to right, by Frank Masandrea; Evan-Picone; Partridge.



Getting Started: Now's the time to firm up good daily habits, scrupulous skin care. Christa, nicknamed DéDeé, in the 11th grade, needs the bare minimum of makeup—everything soft, natural and light.



A sheer water-based foundation is applied only as a coverup for problem spots. Put it on with a sponge—to eliminate definite lines—and keep oil from fingertips away from your skin.



Heighten the faint flush of cheek color with a brush-on blusher. Carry it in a delicate arc from cheekbone to up under your brow.

Your Own Look: At almost 40, you've found your certain style—but need to stay flexible. Skin dryness increases. Makeup is worked "up" to provide a "lift." Reneé, a part-time model, recently opened a Manhattan catering business. Specialty: French country cooking.



Streaks of concealer are put under eyes and smoothed in (gently) to camouflage dark shadows. Lighter slashes go from corner of nose to points of lips, erasing smile lines. Apply an oil-based foundation to add glow to dryer skin.



Fresh and bright. Take a blusher; follow your cheekbone in a diagon up to your temple and carry it righ into your hairline. This simple trick, according to makeup whiz Jac Colello, serves to widen eyes, gives an instant lift to the face.

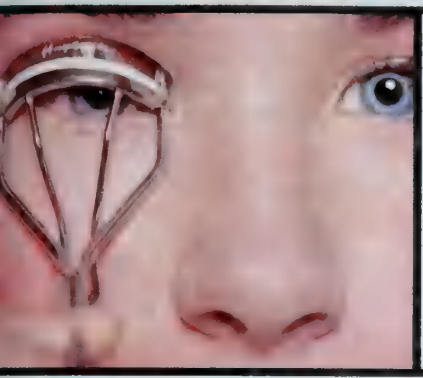
Knowing What Works Best: A woman today at 55, 60, or here, 76, still has all her options open. Instead of imitating a younger look, the goal should be the best possible look for her age. Trim and elegant, Anna Christa David, born in China, now lives near Montreal, spends half-hour each morning exercising, staying fit.



A light beige liquid foundation (no pink tones) is blended on in downward strokes with a large sponge. Two thin coats cover better than one thick. Major fault in many mature women's makeup: too heavy, too dark.



A sheer liquid rosy blush is placed high on the cheeks. Put dots in a triangle, always north of the nose; blend in. Makeup artist Sally Sommers-Kaplon believes a matur woman's face should be treated like a watercolor, not an oil painti Keep everything fluid and light.



eyes, makeup artist Sharon
ttery gave her expert advice on
v to use an eyelash curler:
k straight ahead into a mirror;
wly open and close in little
vements instead of clamping
l creasing lashes. Finish with
ick of black mascara.



Lips are slicked with the merest coating of gloss; just for a hint of rosy gleam. Better to apply shine to both lips (instead of only bottom) with fingertip or applicator.





r tricks-of-the-trade: A darker
shadow, applied in the crease
l dabbed at both ends, raises
eye. Light peach color on the
wbone and spotted on the center
he lid adds more lift. Fine line,
der lower lashes, gives depth.



For a mouth that's defined, smooth on foundation, then make an outline with a soft pencil. Fill in with a clear color of your choice (at right, a real summer pink).

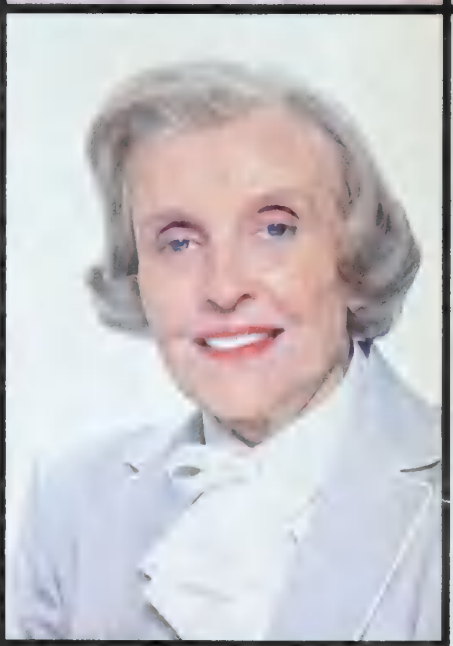




k for eyeshadow colors that are
isper-pale. Even for someone with
e eyes, blue shadow appears too
sh. Opt for misty lavender, green
gray. No powders—overly drying,
s they sink into crepe-y lines.
to for iridescents. Stick to creams.



Coverup is applied to block out the lipline. Smooth in with fingertip. This tends to hold lipstick, stopping it from seeping into those fine vertical lines. Put on lipstick with a sponge applicator; fill in all the way into corners (pull cheek back) to widen, soften mouth.





THINGS WERE DIFFERENT THEN

Even the most modern woman can pick up a few relevant ideas from the past! A tender, loving, short story, by Mary Elmblad.

My grandmother was born in the 1880s and my daughter in the 1960s. I will not try to explain to you the combination of early and late marriages which led to that particular arrangement of the generations. What is important here is that I have a grandmother who is 92 and a daughter who is 15. And Cousin Amelia, of course, who was responsible for my being on my grandmother's screened porch that Tuesday afternoon when it was the last place on this earth that I wanted to be.

My mother's cousin Amelia is a born organizer and the queen bee of our local historical society. It occurred to her one day that my grandmother had boxes and boxes of photographs, from daguerreotypes to instant color, and that Grandmother was the only living person who could identify most of the subjects. In no time at all, Cousin Amelia had organized the whole family, including Grandmother, into a team of historical investigators. She wrote out the project specifications, handed out copies and then, like the Moving Finger, Cousin Amelia, having writ, moved on and left us to do the work.

I should not call it work. I liked those Tuesday afternoons. Grandmother was not fond of air-conditioning, so we would sit on her screened porch where we could hear the lazy buzz of insects on the summer air and the easy clatter in the kitchen where Grandmother's housekeeper was clearing away the lunch dishes. Grandmother would settle into the cushions of her sagging wicker rocker like a bird into its down-lined nest. I would hand her a photograph and she would peer at it with her faded blue eyes until she could attach a name to the face and a date to the picture. With a newer picture, sometimes, she would shake her head in puzzlement and hand it back to me. Her memory was capricious, sometimes blanking out recent history while it gave her almost total recall for the faces and events of 70 years ago.

Some pictures she merely identified, briskly. "Child, this is Mr. John Thomas Claver. Our brother's *(continued on page 168)*

Illustration by Chuck Wilkinson



Dressing Up For a Good Cause

Volunteers for the Red Cross are a powerful force: raising vast sums of money, planning major social events from charity balls to bazaars. Here's a look at one dedicated group —in the newest fashions for upcoming summer galas. By Trudy Owett, Fashion Editor.



Pictured here, members of the Broward County Chapter of the American Red Cross in Fort Lauderdale, Florida, showing off lovely new ways to be dressed for special occasions. Left to right: Cool and crisp whites, with little frills. • Hattie Batchelder, in eyelet chemise with organdy flower; by Jack Fuller Ltd., $98. • Kay McFall, in a dotty slipdress with peplum; by Kasper for Joan Leslie, $170. • Barbara Bookman, in halter top, $40, dirndl skirt, $68; by Blassport. • Allison Joyner, 5, in ruffled smock; by Janie Press, $24. • Stef Walker, in dotted Swiss; by Charlotte Ford Boutique, $64. • Lynn Potter, in wrapped strapless with circle skirt; by Stephen Burrows for Pat Tennant, $130. • Insert, left to right: The pastel crepes for year-round entertaining. • Diane Kanell, in classic pleated shirtdress; by Kay Unger for St. Gillian, $178. • Nancy Carroll, in organza-and-ribbon blouse, $130, dirndl skirt, $80; by Richard Assatly's Additions. • Anne Joyner, in soft pleated dress; by Kay Unger for St. Gillian, $158. • Jennifer Belt, in Victorian-look dotted georgette; by A.J. Bari, $138. • Dotsy Pickel, in pale mint green shirtdress with its own slip; by Dalani II, $150.

For accessory and more fashion information, see page 158

Photographs by Patrice Casanova. Hair by Tomas Rodriguez. Makeup by Emily Pattner. Flowers by Wine & Roses and Collica-Mercier, Fort Lauderdale, Fla. Insert photographed at Patricia Murphy's, in Bahia Mar, Fort Lauderdale.



ICE CREAM

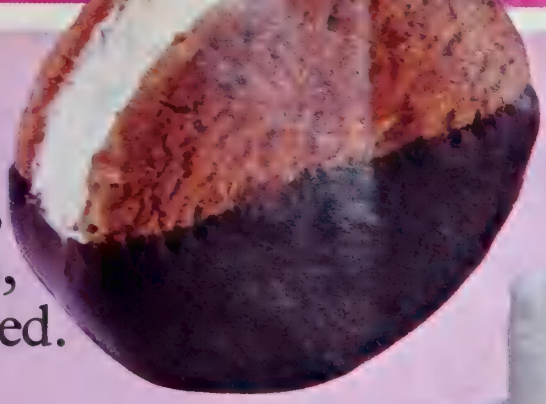
25 WAYS TO TURN STORE-BOUGHT FLAVORS INTO FROSTY FANTASIES

Recipes start page 108. By Sue B. Huffman, Food Editor.



Watermelon Wedge: raspberry, vanilla, pistachio, chocolate chip "seeds."

Golden Gate, oatmeal duo, chocolate-dipped.



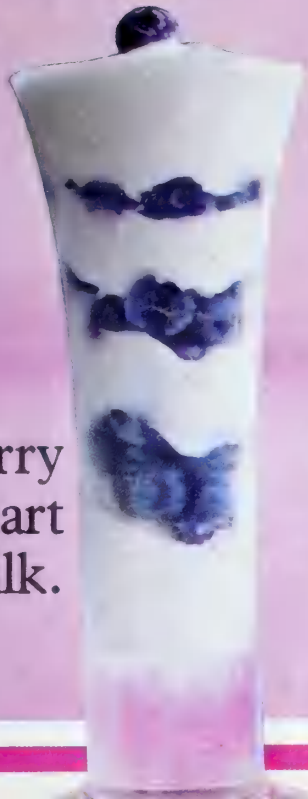


Tropical ice castle of lime sherbet, coconut, on graham crust.



Dream cake is called Angel Street, mint-y and light.





Slim-down berry parfait with tart lemon ice milk.

Blissful peppermint pie under a cloud of meringue.



Photographs by Irwin Horowitz


Rocky road leads to a crunchy pie.
Magnifico! Pound cake, Italian-style, to swoon over.
Fragile cookie flower cupping the palest of sherbets.
Oh, boy– crumbly candy-bar coating.

Elegant for entertaining–chocolate and apricot in a heavenly roll.

Brownie Alaska: sky-high ainbow of banana, pistachio, strawberry, meringue.



Recipes, page 108



GREEK

An Adventure in Glorious Food

True to its heritage, Greek fare is a joyous celebration. Exotic yet earthy: with classic shrimp and feta cheese, walnut-stuffed leg of lamb and sweet golden desserts. To explore the many flavorful tastes, gather together your gourmet club (or four creative couples) to share in the cooking–and a memorable feast. Shopping list, timetable and recipes, see page 158.

How America Entertains

GREEK GOURMET DINNER PARTY
(serves 8)
Dolmadakia (Stuffed Grape Leaves)
Spanakopeta (Spinach-Cheese Filo)
Taramosalata (Caviar Dip)
Feta Cheese Greek Ripe Olives
Ouzo
Ouzo Shrimp
White Wine
Rolled Leg of Lamb with Walnut Stuffing
Rice Pilaf Meatless Moussaka
Red Wine
Greek Salad
Galatoboureko (Custard Pastry) Koulourakia (Greek Butter Cookies)
Coffee

Photograph by Nick Samardge



ICE CREAM

continued from page 105

ICE CREAMERY

Here's the latest scoop on America's favorite treat . . . •#1 flavor is still vanilla (by far). Next comes chocolate, then, surprise! surprise! Neapolitan. Rocky Road is climbing fast, now at #13. Regional tastebuds also produce local winners. Peach satisfies Southern sweet tooths; New Englanders clamor for coffee; butter pecan is big in Texas and Californians dig such offbeats as date and prune. •Did you know that more than half of the ice cream slurped in the U.S.A. is as a snack; in other words, not at mealtime? •Ice cream, which tastes sinfully good, is also *good for you*. The wholesome milk and rich cream make it high in protein, calcium and riboflavin. Minimum requirement is 10% milk fat. With the stirring in of egg yolks, it's called French ice cream or frozen custard. •Ice milk has less fat (2-7%), lower calories. •Sherbet has even less milk fat (1-2%) while water ices contain no trace of dairy products. •How soft is soft? When a recipe says "softened ice cream," guide is to have it pliable enough to use a kitchen spoon and not have it bend. When handling all natural ice cream, work quickly. Soften just enough to mold, shape, add fruit or whatever—then refreeze. Left out too long, ice cream can form large ice crystals when refrozen. •Are you average? If so, you've stashed away 3.7 pints in your home freezer. •Peak months for eating ice cream are July and August. Gear up and get started on one of summer's best pleasures.

WATERMELON MOLD
pictured on page 102

Ideal dessert for a summer porch picnic.

1 quart pistachio ice cream, softened
1 pint vanilla ice cream, softened
2 tablespoons semisweet chocolate pieces, halved
1 quart raspberry sherbet, softened

Place an 8-cup melon mold in freezer for 10 minutes. Remove mold from freezer and spread pistachio ice cream in a layer lining the mold. Return mold to freezer until ice cream is firm, about 30 to 45 minutes.

Spread vanilla ice cream in a layer over pistachio. Return to freezer; freeze until firm, about 30 to 45 minutes.

Stir chocolate pieces into raspberry sherbet. Turn mixture into mold to fill center. Cover tightly with lid or plastic wrap. Freeze overnight or up to 1 week.

To unmold, dip mold into warm water for 30 seconds. Unmold onto cookie sheet and quickly invert onto serving plate. (If ice cream doesn't slide out easily, place a warm, damp cloth on mold to help release it.) Return to freezer for 10 minutes before serving. Makes 12 to 14 slices, about 255 calories per 12, 220 per 14.

LEMON BERRY PARFAIT
pictured on page 103

This is so satisfying it's hard to believe it's low-calorie!

1 cup fresh blueberries
1 pint lemon chiffon ice milk

Place 4 parfait glasses in freezer to chill. Set aside 4 blueberries for garnish. Alternate layers of ice milk and blueberries in chilled parfait glasses beginning and ending with ice milk. Top each with a reserved blueberry. Serve immediately. Makes 4 servings, about 140 calories each.

PEPPERMINT PIE WITH CHOCOLATE SAUCE
pictured on page 103

Sort of a Baked Alaska Pie—the kids will love it and so will you.

1½ cups crushed chocolate wafers
⅓ cup melted butter or margarine
1½ quarts peppermint stick ice cream, softened
3 egg whites
¼ teaspoon cream of tartar
½ cup sugar
Chocolate Sauce
6 oz. package semisweet chocolate pieces
½ cup butter or margarine, cut into pieces

Preheat oven to 350°F. In 9-inch pie plate combine crushed wafers and butter or margarine; press against bottom and sides to form crust. Bake 6 to 8 minutes. Let cool completely on wire rack. Place in freezer for at least 30 minutes.

When crust is thoroughly chilled, fill with ice cream, mounding it slightly in the center. Return to freezer while preparing meringue.

In small bowl with mixer at high speed beat egg whites and cream of tartar until foamy. Gradually add sugar, one tablespoon at a time, beating well after each addition, until sugar is completely dissolved and whites are stiff but not dry. Spread meringue over ice cream, sealing it well to the crust. Place in freezer at least 8 hours or up to 3 days.

To serve: Preheat oven to 475°F. In top of double boiler over hot, not boiling water, melt chocolate pieces with butter or margarine; stir until blended. Keep warm.

Bake pie in oven about 2 minutes, just until meringue turns golden. Drizzle 3 tablespoons of chocolate sauce over pie. Serve immediately with remaining sauce. Makes 8 servings, about 795 calories each.

ANGEL STREET CAKE
pictured on page 103

You've heard of rocky road? Now there's angel street. Use any combination of ice creams for an interesting effect.

1 baked angel food cake
1 quart mint chip ice cream
1 quart cherry vanilla ice cream
Whipped cream for garnish (optional)

Place a 9-inch tube pan in freezer. Tear cake into bite-sized pieces. Remove pan from freezer; arrange layer of cake piece in bottom of pan. Working quickly, alte nate scoops of mint chip and cherry va nilla to make next layer; press firmly int cake. Add a layer of cake pieces, then second layer of ice cream scoops. Finis with layer of cake pieces. Press cak down firmly. Cover and freeze 6 hours o overnight.

To serve: Invert cake onto serving plate Return to freezer until ready to serve. desired, pipe whipped cream, placed i pastry bag, around top and bottom edge of cake. Makes 10 servings, about 34 calories each.

TROPICAL CREAM COOLER
pictured on page 103

A coconut-lime delight that will be a fes tive finale to your summer dinner party.

¼ cup butter or margarine
1 cup graham cracker crumbs
3 tablespoons sugar
⅛ teaspoon cinnamon
½ gallon coconut ice cream
1 quart lime sherbet
Sauce
1 can (16 oz.) cream of coconut
2 tablespoons fresh lime juice

Place 2 baking sheets in freezer to chil In small saucepan melt butter or mar garine over low heat. Remove from heat Add graham cracker crumbs, sugar an cinnamon; mix well. Press onto bottom o an 8-inch springform pan. Chill.

Place 5 round scoops of coconut ic cream onto chilled baking sheet. Retur to freezer. Press remaining coconut ic cream evenly against bottom and sides o springform pan. Return to freezer.

Scoop all the sherbet in round scoop and place onto other chilled bakin sheet. Return to freezer.

To fill, place 1 scoop coconut ice crea in center; top it with 1 lime scoop. Su round with remaining scoops of lime. A range remaining coconut scoops on top o the lime scoops. Cover with plastic wra and freeze until firm or up to 3 days.

To make sauce, combine cream of co conut and lime juice. Mix well.

To serve, dip spatula or long-blade knife in water and run it between ic cream and inner edge of pan before re moving outside rim. Cut in wedges an serve with coconut-lime sauce. (Store an leftover sauce in refrigerator.) Makes 14 t 16 servings, about 455 calories per 14 an 395 per 16.

GOLDEN GATE BARS
pictured on page 103

Jan Hazard, our associate food editor discovered these in San Francisco.

16 large (3-inch) oatmeal cookies
1 quart chocolate chip ice cream
1 package (6 oz.) semisweet chocolate pieces
¼ cup shortening

On flat side of 8 cookies, place a larg scoop of ice cream (about ½ cup). To each with a second cookie; *(continued*


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press together sandwich fashion. Place in freezer. Freeze until firm.

In small saucepan over low heat, melt chocolate and shortening, stirring occasionally. Dip each sandwich halfway into chocolate, place upright in loaf pan or on rack. When chocolate is set, wrap individually. Store in freezer. Makes 8 bars, about 540 calories each.

ROCKY ROAD PIE
pictured on page 104

Sweets for the sweet—and it doesn't hurt if you like your sweets chocolate flavored.

1 quart chocolate ice cream, softened
½ cup chopped peanuts
¼ cup chopped semisweet chocolate pieces
½ cup marshmallow cream
¼ cup chocolate syrup
1 9-inch baked graham cracker crust

In large mixing bowl combine ice cream with peanuts and chocolate pieces. Gently swirl marshmallow cream and 2 tablespoons chocolate syrup into ice cream to create a marbled effect. Spoon into prepared crust. Drizzle on remaining 2 tablespoons syrup; freeze until firm or up to 2 days. Makes 10 servings, about 315 calories each.

CASSATA
pictured on page 104

Inspired by the Italian dessert, this version can be garnished to a fare-thee-well.

1 baked pound cake
3 tablespoons orange-flavored liqueur
1½ pints vanilla ice cream
¼ cup chopped candied cherries
¼ cup chopped toasted almonds
¼ cup chopped semisweet chocolate pieces
Frosting
1 cup heavy or whipping cream
2 tablespoons confectioners' sugar
2 tablespoons orange-flavored liqueur
Chocolate curls and chopped candied cherries, for garnish

Slice pound cake into 4 even horizontal slices. Brush top of each slice, except the top one, with a tablespoon of orange-flavored brandy; set aside.

Meanwhile, remove vanilla ice cream from freezer to soften. In large mixing bowl stir chopped cherries, almonds and chocolate into ice cream. Spread bottom layer with ⅓ of the ice cream mixture. Repeat with remaining ice cream and layers, cover and place in freezer until firm, up to 24 hours.

At least 2 hours before serving, whip cream with sugar until soft peaks form. Add orange-flavored liqueur; continue beating until stiff. Reserve about ⅔ cup for garnish. Remove cake from freezer; frost sides and top with remaining whipped cream.

To garnish: Place reserved whipped cream into pastry bag fitted with a ½-inch star tip and pipe around top and bottom edges of cake. Decorate with chopped cherries and chocolate curls. Makes 10 to 12 servings, 470 calories per 10, 390 calories per 12.

SHERBET SHELLS
pictured on page 104

Fragile little cookie shells to hold the most pastel of sherbets (or ice cream, if you choose).

¼ cup butter, softened
½ cup sugar
2 tablespoons heavy cream
2 tablespoons milk
¾ cup unsifted all-purpose flour
Assortment of sherbets

In small mixer bowl cream butter and sugar at medium speed until light and fluffy. Stir in cream and milk. Gradually add flour until well blended; cover and set aside.

Preheat oven to 375°F. Cover 2 cookie sheets with foil. On each sheet outline three 4-inch circles. Pat a half tablespoonful of dough to fill each circle. Bake one cookie sheet at a time, 6 to 8 minutes until lightly brown around edges. Immediately loosen edges of each with spatula. Then quickly lift and place each over inverted fluted tartlet molds, brioche tins or custard cups, crimping edges with fingers. When cooled, gently remove from mold and set aside on wire rack. Continue with remaining dough. Store in airtight container.

To serve: Using small ice cream scoop (No. 70) or large melon baller, scoop 6 assorted sherbet balls into each cookie. (Sherbet can be scooped ahead of time, placed on a cold cookie sheet and returned to freezer.) Makes 20, about 180 calories each with ½ cup sherbet.

ICE CREAM BALLS
pictured on page 104

These are a must for birthday parties—regardless of age.

1 quart vanilla ice cream
1 Topping recipe of your choice
Ice cream cones (optional)

With ice cream scoop, scoop ice cream into 6 balls; return to freezer. Meanwhile prepare desired topping (recipes below). Roll ice cream in topping and return to freezer. Serve in ice cream cones or paper cupcake liners. Serves 6.

TOPPINGS

Chocolate Toffee

Crush 6 (1.16 ounces each) chocolate coated toffee bars to equal 1½ cups. About 315 calories per serving with 1 ice cream ball.

Crunchy Peanut Butter

⅔ cup graham cracker crumbs
¼ cup crunchy peanut butter
2 tablespoons sugar

In a shallow bowl combine all ingredients; mix until crumbly. About 290 calories per serving with 1 ice cream ball.

Toasted Almond

Preheat oven to 400°F. Spread 1½ cup chopped almonds on cookie sheets; bak until golden, about 3 to 5 minutes. Abou 330 calories per serving with 1 ice crea ball.

Coconut

Preheat oven to 350°F. Spread 1½ cup flaked coconut on cookie sheets; toas until lightly browned, about 3 to 5 min utes, shaking pan once. About 260 calo ries per serving with 1 ice cream ball.

BAKED ALASKA
pictured on page 105

Brownie-based and lusciously filled wit a pastel trio of ice cream.

1 quart strawberry ice cream, softened
1 pint pistachio ice cream, softened
½ to 1 cup banana ice cream, softened
Brownie
1 square (1 oz.) unsweetened chocolate
3 tablespoons butter or margarine
⅓ cup unsifted all-purpose flour
¼ teaspoon double-acting baking powder
⅛ teaspoon salt
1 egg
½ cup sugar
½ teaspoon vanilla extract
¼ cup chopped walnuts
Meringue
6 egg whites, at room temperature
½ teaspoon cream of tartar
¼ teaspoon salt
¾ cup sugar
½ teaspoon vanilla extract

Line 1½-quart mixing bowl with plasti wrap, allowing wrap to extend abov edge of bowl. Diameter of bowl shoul be about 7 inches. Spread strawberry ic cream evenly inside bowl, working up th sides to the top edge. Repeat wit pistachio ice cream, then fill in with ba nana ice cream. Cover ice cream wit plastic wrap. Freeze until very firm, pre ferably overnight.

To prepare brownie base, preheat ove to 350°F. Grease an 8-inch round cak pan; line bottom with waxed paper; se aside. Melt chocolate and butter or ma garine in small saucepan over low hea In medium bowl, combine flour, bakin powder and salt. Beat egg; gradually bea in sugar. Blend in chocolate mixture an vanilla. Stir in flour mixture and walnut Spread in prepared pan. Bake for 15 to 1 minutes (the center will be slightly soft Cool 10 minutes on wire rack. Remov from pan; peel off waxed paper. Whe completely cool, place on wooden boar or ovenproof serving platter. Invert bow of ice cream onto brownie layer; remov bowl and peel off plastic wrap. Place i freezer while preparing meringue.

Meringue: In large mixer bowl beat eg whites with cream of tartar and salt unt foamy. Gradually beat in sugar; add va nilla. Continue beating until thick an glossy and mixture holds soft peaks Spread over ice cream and *(continued*

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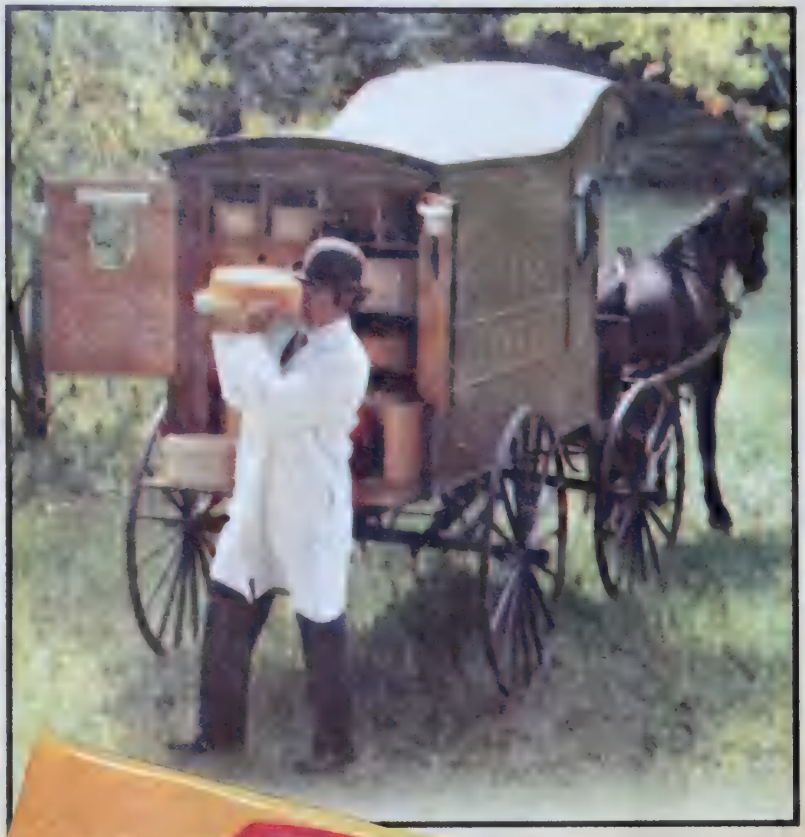
Kraft natural colby cheese and fresh fruit combine in a splash of color to make this summertime cheese plate.

Serve with Honey Dressing.

Honey Dressing

¾ cup Kraft real mayonnaise
⅓ cup honey
1 tablespoon grated lemon rind
¾ teaspoon lemon juice
¼ teaspoon ginger

Combine mayonnaise, honey, lemon rind, lemon juice and ginger; mix well. Chill. 1 cup





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ICE CREAM

continued

brownie, sealing well to board or platter. *(Can be prepared in advance to this point. Freeze up to 3 days.)*

Place oven rack at lowest position. Preheat oven to 450°F. Bake until meringue is golden brown, about 3 to 4 minutes. Serve immediately. Makes 12 servings, about 320 calories each.

CHOCOLATE APRICOT ICE CREAM ROLL
pictured on page 105

This is fabulous! Just the apricot Amaretto ice cream alone is delicious.

Filling
- **1 jar (12 oz.) apricot preserves**
- **¼ cup (2 oz.) Amaretto liqueur**
- **1½ pints vanilla ice cream**

Cake
- **¾ cup unsifted all-purpose flour**
- **¼ cup unsweetened cocoa**
- **1 teaspoon double-acting baking powder**
- **¼ teaspoon salt**
- **3 eggs**
- **1 cup sugar**
- **⅓ cup water**
- **1 teaspoon vanilla extract**

¼ cup confectioners' sugar

Topping
- **Confectioners' sugar**
- **½ cup heavy cream, whipped**

In small bowl combine apricot preserves and liqueur. Reserve ½ cup to use for topping. With electric mixer beat remaining mixture into ice cream *just* until blended; return to freezer.

Preheat oven to 375°F. Line bottom and sides of 15½ × 10½-inch jelly-roll pan with foil. Grease foil. In small bowl combine flour, cocoa, baking powder and salt; set aside. With electric mixer beat eggs until very thick and lemon-colored, about 5 minutes. Gradually beat in sugar. On low speed, blend in water and vanilla. Gradually add flour mixture, beating just until smooth. Spoon batter into prepared pan; spread with spatula evenly into corners. Bake for 12 to 15 minutes, or until tooth pick inserted in center comes out clean. Invert onto clean linen towel sprinkled with some confectioners' sugar. Carefully remove foil. While still hot, roll cake and towel up from long side. Cool thoroughly on wire rack.

Unroll cooled cake. Working quickly, evenly spread ice cream mixture over cake. Roll up again. Trim ends of cake on the diagonal. (It is characteristic of this cake to crack, so don't panic.) Place on serving platter and freeze until serving time, up to 24 hours.

Before serving, sprinkle cake with confectioners' sugar. Serve slices topped with whipped cream and drizzled with reserved apricot mixture. Makes about 14 servings, about 275 calories each.

PROFITEROLES

Tiny little cream puffs, filled with ice cream, drizzled with chocolate sauce.

- **1 cup water**
- **6 tablespoons butter or margarine**
- **1 teaspoon sugar**
- **Dash salt**
- **1 cup unsifted all-purpose flour**
- **4 eggs**
- **1½ quarts ice cream of your choice**
- **Chocolate sauce, warmed (see Peppermint Pie recipe, page 108)**

In a medium saucepan heat water, butter or margarine, sugar and salt over medium heat until water is boiling and butter or margarine has melted. Remove from heat. Immediately add flour all at once. Stir briskly with a wooden spoon until mixture forms a ball and leaves sides of pan. With wooden spoon beat in eggs, one at a time, until well mixed.

Preheat oven to 400°F. Grease a large cookie *(continued*

Tropical Icebergs.

Take the sizzle out of a summer heat wave with Tropical Icebergs: luscious tropical fruits topped with a cool and creamy cap of KRAFT Real Mayonnaise blended with ice cream and chopped pineapple.

TROPICAL ICEBERGS

- 2 pineapples
- 1 cup vanilla ice cream, softened
- 1/2 cup KRAFT Real Mayonnaise
- 1 teaspoon rum flavoring
- 1 cup papaya chunks
- 1 cup banana slices
- 1 cup kiwi slices, halved
- 1 cup strawberry halves

Remove crown; cut pineapple in half crosswise, leaving shells intact. Core and chunk fruit. Finely chop 1 cup pineapple; combine with ice cream, mayonnaise and flavoring. Mix well; pour into loaf pan. Freeze.

Combine papaya, banana, kiwi, strawberries and remaining pineapple; toss lightly. Spoon into pineapple shells; top with ice cream mixture. Garnish with toasted coconut, if desired. VARIATION: Substitute cantaloupe and honeydew melon for papaya and kiwi. 4 servings

When it's the mayonnaise that makes it, make it KRAFT.



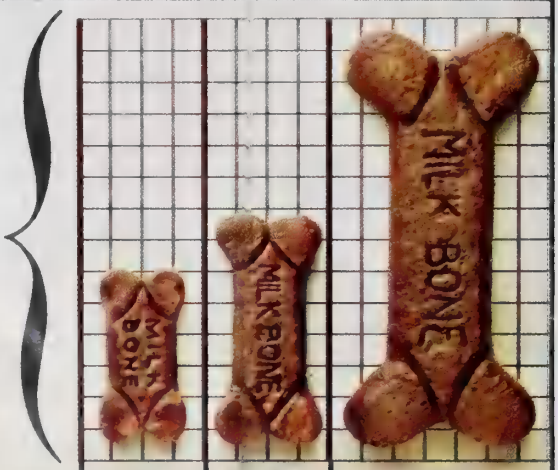
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Average weight per biscuit (ounces)	.14	.28	1.17
Overall length (inches)	1.8	2.4	4.3
Overall width (inches)	.94	1.1	2.0
Relative breaking force* (pounds)	77	80	164

*Breaking force is determined by placing biscuits in specially designed fixtures which are then placed in a Silbon tester which applies a measured force.

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ICE CREAM

continued

sheet. Drop dough by rounded teaspoonfuls onto cookie sheet about 2 inches apart. (Or spoon dough into a pastry bag with a ½-inch tip. Squeeze mixture onto cookie sheet.) Bake for 25 minutes until puffs are golden brown. Cool on wire rack. When cool, cut in half horizontally. Makes about 50 profiteroles. Cover; freeze up to 1 month.

Scoop 1 tablespoon ice cream with small ice cream scoop (No. 70), melon baller or teaspoon into bottom of each puff. Top with lid, cover and freeze up to 2 days. Remove from freezer 10 minutes before serving. Serve 4 puffs per serving with 1 tablespoon chocolate sauce. Makes 12 servings, about 300 calories each.

STRAWBERRY ICE CREAM TORTE

Use store-bought sponge cake to make this kirsch-flavored strawberry torte.

Syrup
- **½ cup sugar**
- **2 tablespoons kirsch**
- **2 tablespoons water**

Icing
- **1½ cups heavy or whipping cream**
- **3 tablespoons sugar**
- **1 tablespoon kirsch**
- **½ teaspoon vanilla extract**

1 package sponge cake layers
1½ pints strawberry ice cream, softened
Sauce
- **1 quart fresh strawberries**
- **⅓ cup sugar**
- **2 tablespoons kirsch**

To make syrup: Combine sugar, kirsch and water in small saucepan. Bring to boil; boil 2 minutes. Set aside to cool.
To make icing: Pour heavy cream into large mixer bowl. Beat until slightly thickened. Add sugar, kirsch and vanilla extract; beat until mixture mounds and forms soft peaks. Refrigerate.
To assemble cake: Split each layer horizontally into two. Place one layer on cake plate, cut-side up. Drizzle with 2 tablespoons cooled syrup. Spread evenly with 1 cup ice cream. Top with a second cake layer, cut-side up. Drizzle with another 2 tablespoons syrup. Spread evenly with 1 more cup ice cream. Repeat with another cake layer, 2 tablespoons syrup and remaining ice cream. Top with remaining cake layer; drizzle with remaining syrup. Frost top and sides of cake with prepared whipped cream icing. (If desired, reserve 1 cup of the whipped cream and press out of pastry bag with star tip to form decorative edge of rosettes around cake edge.) Freeze cake until firm or up to 24 hours.
To make sauce: Slice half the berries and set aside. Mash remaining berries; add sugar, kirsch and sliced berries. Cover and chill up to 24 hours.

Remove cake from freezer about 2 minutes before serving time. Serve with strawberry sauce. Makes 10 servings, about 480 calories each. *(continued)*



"I believe an annual checkup is important to my health. I feel the same way about vitamins."

Regular medical checkups are important to maintain good health and avoid serious illness. But, you shouldn't stop there.

There are other ways to help you stay healthy. Proper nutrition, for example—including vitamins and minerals, because they help convert food to energy and support body metabolism.

When a person is ill, some vitamin needs may actually increase. Infections, even mild ones can result in the loss of a number of vitamins and minerals. Also, certain medicines may interfere with the body's use of vitamins. And, since illness is often accompanied by poor appetite, vitamin levels may be lowered.

So, along with regular medical checkups and good health habits, it's important to get enough vitamins. Eat a balanced diet and look for fortified foods when you shop. Just to be sure, you can take a vitamin supplement every day.

Vitamin Communications, Hoffmann-La Roche Inc., Nutley, New Jersey 07110.

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U.S. Government Report:



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	Tar mg./cig.	Nicotine mg./cig.
Kent	11	0.9
Kool Milds	13	0.8
Marlboro Lights	12	0.8
Merit	8	0.6
Merit Menthol	8	0.6

	Tar mg./cig.	Nicotine mg./cig.
Parliament Lights	9	0.7
Salem Lights	11	0.8
Vantage	11	0.8
Vantage Menthol	11	0.8
Winston Lights	14	1.1

Carlton is lowest.

Less than 1 mg. tar, 0.1 mg. nic.

Of all brands, lowest...Carlton Box: less than 0.5 mg. tar and 0.05 mg. nicotine av. per cigarette, FTC Report Dec. '79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report Dec. '79.

ICE CREAM

continued

BANANAS FOSTER

has long been a specialty of our food or.

nanas
up butter
up brown sugar
aspoon cinnamon
blespoons banana liqueur
up light rum
ints vanilla ice cream

bananas in diagonal slices; set aside. butter and brown sugar in a skillet. k over medium heat until sugar s; stir in cinnamon and liqueur. Add anas and stir until coated. Add rum—*not stir*. Heat for about 10 seconds; te with a long match or taper. Spoon vanilla ice cream while flaming and e. Makes 6 servings, about 335 calo- each with ½ cup ice cream.

CHERRIES JUBILEE

aming favorite. Prepare it at the table admiring guests.

ns (16 oz. each) pitted dark cherries
blespoons currant jelly
up orange juice
rips orange peel
blespoon cornstarch
ints vanilla ice cream
up brandy

in cherries, reserving 1 cup juice. In ing dish or medium saucepan, com- jelly, orange juice and peel and ¼ cherry juice. Simmer until jelly has olved, about 5 minutes. Mix corn- ch with remaining ¼ cup cherry juice stir into mixture.

Cook, stirring occasionally, until mix- thickens and boils, about 3 minutes. cherries. Spoon ice cream into indi- ual serving dishes. In small saucepan t brandy until hot but *not* boiling. r onto hot cherries and ignite with g match or taper. Pour over ice cream serve. Makes 6 servings, about 235 ries each with ½ cup ice cream.

PEACHES 'N' CREAM MOLD

the sauce that does it—it's good over cakes or ice cream-topped waffles.

allon peach ice cream
ce
cup sugar
tablespoon cornstarch
cup orange-flavored liqueur
tablespoon water
teaspoons grenadine
package (16 oz.) frozen peach slices, unthawed

a tall 1½-quart mold with plastic), allowing wrap to hang over edges. ice cream into mold. Place in free- until firm.

make sauce combine sugar and starch in medium saucepan. Stir in ur, water and grenadine. Add peach s. Cook and stir over medium-high heat until mixture comes to a boil. Cook 1 minute longer. Cool and chill thoroughly, up to 24 hours.

To serve: Invert mold onto large round serving plate (with rim, if possible). Remove plastic wrap. Surround with peach sauce. Makes 8 servings, about 355 calories each.

BRANDIED ORANGE FREEZE

Super-quick to prepare.

1 quart vanilla ice cream, softened
1 can (6 oz.) frozen orange juice concentrate, partially thawed
⅓ cup brandy
1 teaspoon lemon juice

In medium bowl combine all ingredients; stir until they are completely mixed. Cover bowl tightly and freeze until firm or up to 3 days. (If desired, this can be served in orange shells.) Makes 6 servings, about 265 calories each.

BANANA SPLIT

The classic. Not for the diet-conscious. Alter to include flavors and toppings of your choice.

1 ripe banana, split lengthwise
1 scoop vanilla ice cream
1 scoop chocolate ice cream
1 scoop strawberry ice cream
1 to 2 tablespoons pineapple sundae topping
1 to 2 tablespoons chocolate sauce
1 to 2 tablespoons strawberry sundae topping
½ cup whipped cream
2 tablespoons chopped nuts

Arrange banana halves *(continued)*



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lengthwise in a narrow, shallow dish; top with scoops of ice cream. Spoon on toppings. Top with whipped cream and nuts. Makes 1 serving, about 920 calories!

RASPBERRY-LEMON STAR MOLD

The secret's in the mold—fine for a luncheon.

1 quart raspberry sherbet, softened
1 can (8 oz.) crushed pineapple in own juice, drained
1½ to 2 cups lemon sherbet

Line a chilled, 5-cup star or tall fluted mold with raspberry sherbet, packing firmly into points of mold. Place a tall, straight-sided drinking glass (about 2 to 3 inches in diameter), open side up, in center of mold. Pack raspberry sherbet around glass. Freeze overnight or until very firm.

Meanwhile, stir pineapple into lemon sherbet; freeze until ready to use.

Remove mold and lemon sherbet from freezer. Remove glass from mold by twisting. (If glass is in too firmly, place a warm, damp dishtowel inside it.) Pack hole firmly with lemon-pineapple sherbet. Return to freezer; freeze overnight or up to 3 days.

To serve: Remove mold from freezer. Run warm water over outside of mold for about 5 seconds. Loosen edges with knife; invert onto chilled serving plate. Smooth top and sides with knife. Makes 6 to 8 servings, about 195 calories per 8, 260 calories per 6.

CHOCOLATE PEANUT CHIP PARFAIT

For the chocolate-peanut butter fans—whatever their age.

1 pint chocolate ice cream, softened
¾ cup (4 oz.) peanut butter-flavored pieces
¼ cup butterscotch-flavored topping

Chill 4 parfait glasses in freezer 15 minutes. Place a small scoop or about 2 rounded tablespoons of ice cream into each glass; top each with 1 teaspoon butterscotch topping and 1 tablespoon pieces. Repeat two more times. Place in freezer until serving time. Makes 4 servings, 350 calories each.

OLD-FASHIONED ICE CREAM SODA

Remember this from the corner drugstore? Even better if you have a real old-fashioned seltzer bottle.

½ cup cold milk
2 to 3 tablespoons chocolate syrup
2 scoops chocolate ice cream
About 1 cup chilled club soda or seltzer

Pour milk into a 12-ounce glass. Add chocolate syrup; stir until well mixed. Add scoop of ice cream and a little soda and stir briskly, mashing the ice cream. Add second scoop ice cream; fill with soda, gently stir again and serve. Makes 1 serving, about 390 calories.

Strawberry Soda: Substitute ¼ cup crushed strawberries for chocolate sauce and strawberry ice cream for chocolate ice cream. Serves 1, about 370 calories.

PECAN PRALINE TORTE

This recipe is more of a production than some because of the meringues, but the result is crunchy and good.

Meringue
6 egg whites
1¼ cups sugar
2 cups pecans, finely chopped
Praline Powder
½ cup sugar
¼ cup water
⅔ cup pecans, coarsely chopped
3 pints vanilla ice cream, softened

Meringue: Preheat oven to 325°F. Grease and flour 3 cookie sheets. Trace an 8-inch circle on each sheet. In large bowl with mixer at high speed, beat egg whites until foamy. Gradually add sugar, one tablespoon at a time, beating well after each addition, until sugar is completely dissolved and whites are stiff, but not dry. Gently fold in chopped pecans. Spread ⅓ of mixture evenly in each circle on prepared cookie sheets. (If only one cookie sheet is available, make one layer at a time, keeping remaining nut mixture refrigerated.) Bake 25 to 30 minutes or until golden brown. Cool on sheet 10 minutes before transferring to wire rack to cool completely. *(Can be made in advance to this point. Store in airtight containers or wrapped in plastic wrap up to 2 days.)*

Praline Powder: Lightly grease a cookie sheet; set aside. In small saucepan combine sugar and water. Cook over medium heat, stirring frequently, until sugar is dissolved. Cook, without stirring, to 310°F. (hard crack) on candy thermometer. Stir in pecans; continue cooking to 350°F. (caramel stage). Remove from heat and quickly pour onto prepared cookie sheet; set aside. Cool completely. Remove praline candy from sheets and break into pieces. Place in either the work bowl of a food processor or blender container; process until finely crushed. Or place praline candy in a plastic bag and crush with a rolling pin. *(Can be made in advance; keep covered and in the freezer.)*

To assemble: Stir 1 cup praline powder into softened ice cream. Place one meringue layer on serving dish, spread with 1½ cups ice cream mixture. Repeat with remaining 2 meringue layers. Frost top and sides with the remaining ice cream. Use remaining praline powder to decorate top of cake. Return to freezer and freeze up to 24 hours. Remove from freezer 10 minutes before serving to soften slightly and make cutting easier. Makes 12 to 14 servings, about 415 calories per 12, 355 calories per 14.

BUTTER ALMOND CHOCOLATE BOMBE

This is so simple yet so elegant.

¼ cup water
2 tablespoons sugar
½ teaspoon almond extract
1 baked pound cake
1 pint chocolate ice cream, softened
1 pint butter almond ice cream, softened

In a small saucepan mix water and sugar. Cook over medium heat until sugar is dissolved. Add almond extract; set aside.

Line the inside of a 1½-quart round bottom bowl with plastic wrap. Cut some of the pound cake into 14 ¼-inch slices; cut each slice diagonally in half to make triangles. (Reserve remaining cake for another use.) Brush cake generously with syrup. Select triangles with brown cake crust first to line bowl. Place with narrow point at bottom of bowl so that brown crusts form a pinwheel design. Complete lining bowl by placing more cake pieces. Pack chocolate ice cream into cake-lined bowl. Fill remaining cavity with butter almond ice cream, packing firmly. Top ice cream with remaining cake pieces; sprinkle with remaining syrup. Cover with plastic wrap and freeze overnight or up to 3 days.

To serve: Invert bowl onto chilled plate; peel off plastic wrap. Makes 6 to 8 servings, about 315 calories per 6, 235 calories per 8.

ORANGE SUNRISE CAKE

So pretty you'd think it took hours to prepare. But—hooray—it doesn't.

1 cup water
½ cup sugar
12 to 14 thin slices seedless oranges (about 2 oranges)
Light Syrup
¼ cup orange juice
2 tablespoons sugar
2 tablespoons water
1 7-inch prepared sponge cake layer
1 pint orange sherbet, softened

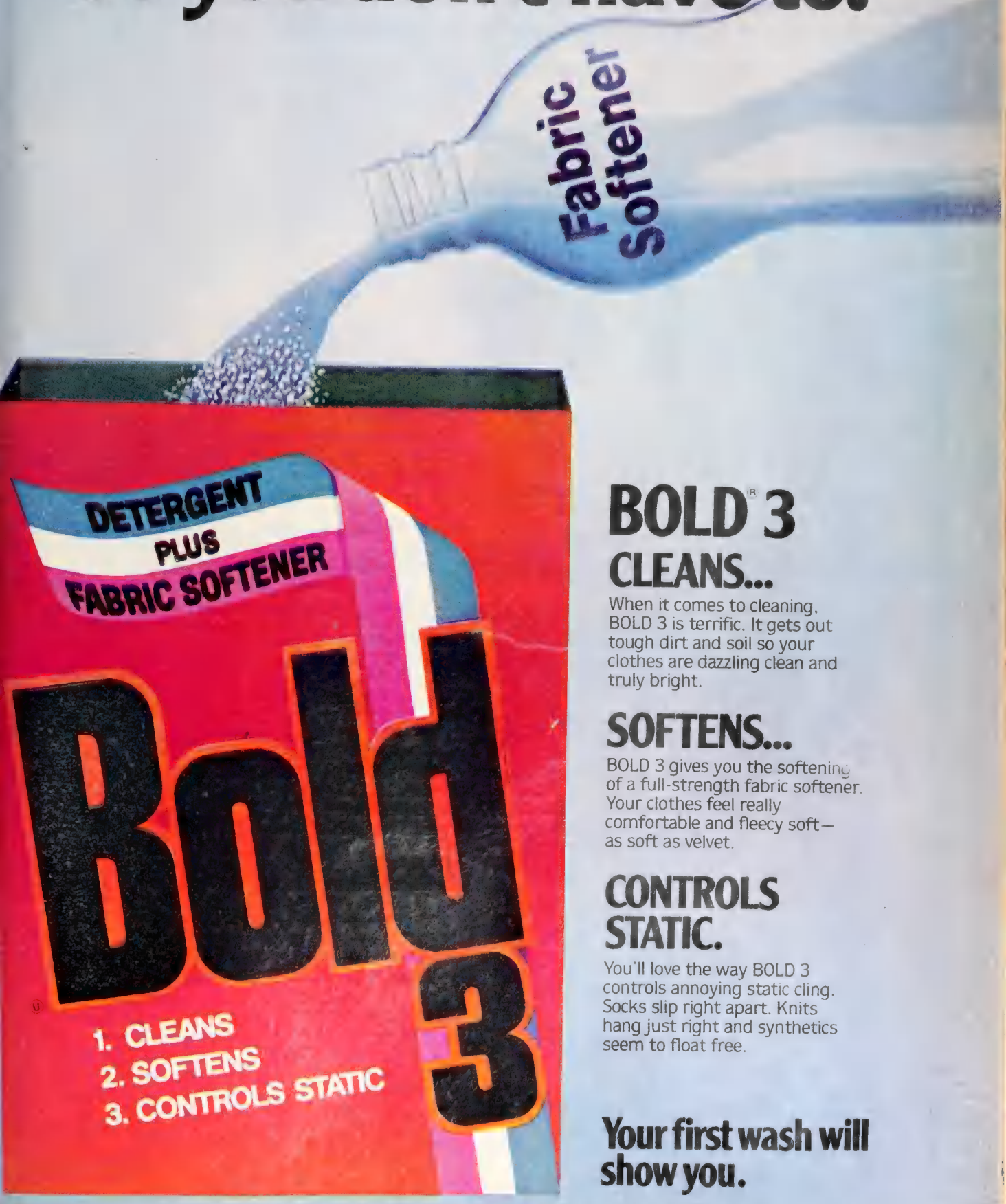
In medium saucepan combine water and sugar and, stirring occasionally, bring to boil; add orange slices. Reduce heat and simmer uncovered, 1 hour. Pour into bowl; let stand at room temperature to cool. Cover and refrigerate up to 2 days.

Light Syrup: In a small saucepan combine juice, sugar and water; bring to boil, stirring until sugar is dissolved. Remove from heat; cool.

To assemble dessert: Drain orange slices on paper towels; discard the heavy syrup. Brush light syrup on cake. Arrange orange slices around bottom edge of 9-inch springform pan so that ⅓ of each slice is on the bottom and ⅔ of each slice is on the side of pan; place remaining 3 in center. Spread sherbet over orange slices. Top with cake layer, pressing down lightly. Cover pan with plastic wrap and freeze overnight or up to 3 days.

To serve: Invert springform pan onto serving dish; remove sides and bottom using flat spatula. Makes 8 servings, about 2 calories each.

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Your Family's Health

A new drug stops the flow of breast milk. Dentists wonder if it's wise to pull wisdom teeth. Yogurt may someday prevent cancer . . . plus more.

David R. Zimmerman

BREAST MILK INHIBITED. Although nursing has become popular again, 50 percent of America's new mothers still prefer bottle-feeding. To prevent painful breast engorgement and the inconvenience of unwanted milk flow, many women take estrogen, which indirectly stops the flow—at the cost of reproducing some of the hormonal discomforts of early pregnancy. Another potent prescription drug, bromocriptine, has now been approved by the Food and Drug Administration to stop postpartum lactation. It acts directly by inhibiting the hormone prolactin, which normally stimulates and maintains milk production. The manufacturer, Sandoz, told the FDA that tests involving 234 new mothers showed that after two weeks on bromocriptine most women stopped lactating and were no longer bothered by breast engorgement.

PULLING TEETH. Should third molars, or wisdom teeth, always be pulled? Dentists have long believed that, in almost all cases, extraction is best—if for no other reason than to prevent the crowding of other teeth. Recently, however, a group of experts convened by the National Institute of Dental Research in Bethesda, Md., questioned this conventional wisdom. Their advice: If third molars cause pain or other problems, they should certainly be removed, but "there is little reason, based on present evidence, for extraction solely to minimize present or future crowding of the lower front teeth."

YOGURT AND CANCER. New and very preliminary data indicate that Americans may one day be able to protect themselves against colonic cancer by eating specially prepared yogurt. This possibility is suggested by two research reports recently published by the National Cancer Institute.

The research, conducted by Tufts University internist Sherwood L. Gorbach, M.D., of Boston, and his co-workers, showed that people who eat lots of red meat, as most Americans do, have higher levels of two cancer-causing enzymes in their intestines than do vegetarians. But when meat eaters were given supplements of *Lactobacillus acidophilus*—a "seed microbe" used to make some forms of yogurt, but not most commercial brands—the enzyme levels fell.

The investigators then showed, finally, that the lactobacillus protects meat-fed laboratory animals against colon cancer. They speculate that *L. acidophilus* supplements in yogurt or other dairy products might also protect humans against colonic cancer—which is now the most common internal cancer in America.

HELP FOR LUPUS SUFFERERS. In the severe illness called systemic lupus erythematosus (SLE), the body turns against itself. The body's defense system produces *antibodies* that attach and bind to other cellular elements, which are then treated as *antigens*, or foreign objects. The antigen-antibody complexes build up in the bloodstream—and can cause widespread damage.

A successful new method to treat acute SLE is being developed by immunologist John V. Jones, F.R.C.P., of Rush Medical College in Chicago. He performs *plasmapheresis*, which means that he draws blood from a patient's body through a tube, separates out the red blood cells and returns them, then discards the plasma, in which the dangerous antigen-antibody complexes are suspended. Donor plasma or other fluid expanders are infused to replace the lost plasma. Potent drugs also are given to kill rapidly dividing white blood cells that are overproducing the offending antibodies. Plasmapheresis produces "rapid and prolonged" recovery for a third of acute SLE patients, Dr. Jones recently told colleagues. Another third show lesser improvement. The method is still highly experimental but, according to Dr. Jones, plasmapheresis offers new hope for SLE sufferers, as well as for arthritis and asthma patients and others whose health is being subverted by their own immune systems.

WARNING TO DRINKERS. One hour after consuming one drink of liquor, a 100-pound person will have three times the alcohol concentration in his or her bloodstream as a 200-pounder—and so will be three times tipsier. Lightweights, therefore, must be much more careful not to over-indulge in alcohol, advises Blue Cross, the health insurer.

Just how quickly alcohol is absorbed into the bloodstream depends, in part, on what goes down with it. Carbonated mixers speed up absorption. Fruit juices and water slow it up, as does food, particularly high-protein tidbits of cheese, meat and eggs.

Alcohol's effects are regrettably easier to incur than they are to be rid of: The liver processes about a half ounce of alcohol—the amount in one shot of whiskey—per hour. This means that it takes the liver six hours to work off the effects of two stiff martinis.

JOG AWAY BACK PAIN. Rather than avoid too much movement or exertion, people who suffer from lower back pain due to a ruptured spinal disk would be better off if they exercised, says Swedish orthopedic surgeon Alf L. Nachemson, M.D., an expert in back disorders. Speaking at the American Academy of Orthopaedic Surgeons' annual meeting in Atlanta, Ga., he explained that the pain may occur because too little oxygen and tissue-building nutrients reach the disk. Exercise helps increase the supply of these substances, speeding healing, and raises the level of natural painkillers, called endorphins, in the spinal fluid. The orthopedist recommends exercises that are not overly strenuous, which would include jogging, walking, bicycling or swimming.

End

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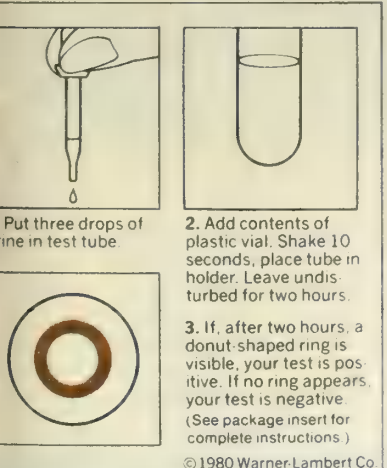
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2. Add contents of plastic vial. Shake 10 seconds, place tube in holder. Leave undisturbed for two hours.

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Lynn Murray
Wisconsin



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Carolyn R. Thomas
Illinois



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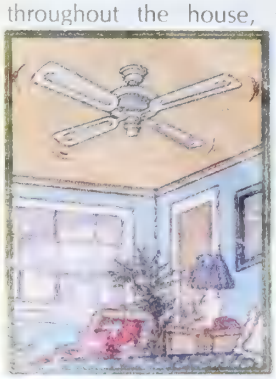


Home Journal

Cool-June news: a stirring of ceiling fans (energy-savers), contemporary flatware, painting tips and top-quality art.

FINE ART/FAIR PRICES. Most people can't afford a true-blue Picasso, but instead of settling for a reproduction, want something *real* on their walls (for pleasure, for investment). To comply, many museums around the country are offering original art at realistic prices. You get a chance to support local artists and the arts. And there's a certain security. The museum stands behind the work it sells, verifying that the selling price is in line with market value. Another advantage: The museum keeps in touch with the current art scene, recognizing young artists not yet discovered by the general public. Because of this, there are great buys. You can compare works by the artists, read up on biographies and, often, see other works by the same artist. Some museums even operate a rental service, which allows you to live with the art for two months, and apply the rental cost to the purchase price. Limited listing for rentals and/or sales: N.Y.'s Metropolitan Museum of Art and the Museum of Modern Art; The Art Institute of Chicago; Philadelphia Museum of Art; Baltimore Museum of Art; Nelson Gallery/Atkins Museum in Kansas City, Mo.; Los Angeles County Museum of Fine Art; The Fine Arts Museums of San Francisco.

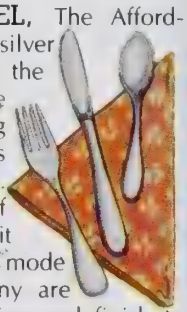
OLD-FASHIONED FANS. Shades of *Casablanca*—the constant spinning of a ceiling fan suggests swaying palm trees, latticed verandas and torrid nights. You can install one of these nostalgic reminders yourself, even in today's average 8-foot ceiling. And surprisingly, for all the action, this fan uses no more energy than a 100-watt light bulb. With windows open, it'll stir up quite a breeze. Or it can be used to circulate the chilled air of air-conditioning, making a room about 10° cooler than the setting. Because of the lower temperature, you can probably cut summer electricity costs by as much as 50 percent. In winter, the fan can whirl the warmed rising air throughout the house, saving fuel.



A 36-inch blade sweep will usually work effectively in normal rooms, or you can get a spread from 48 to 56 in. for larger areas. From $100 to $200.

BRUSH UP ON PAINTING. The pure magic of color—it can change the total look and feel of a room with relatively little effort or expense. You can transform a space with paint in a weekend. Start with a list of materials you'll need on hand, such as masking tape, extra rags; assemble everything to save time. Prepare walls; spackle and patch up any nail holes or cracks; sand or use liquid degloss on shiny old paint. Prime all unfinished surfaces or cover the entire room if trying to paint over a dark color. Unless you need the harder, more scrubbable surface of an alkyd (oil-base) paint, opt for the easier latex (water-base). It dries faster, has less odor, rinses out of brushes and rollers with soap and water. Pick a color in matte, semigloss or gloss finish. To estimate quantity: Measure and multiply length by width for ceiling area; length by height for walls (minus door/window openings). Divide totals by 400 for the number of square feet a gallon will cover. Double quantity if doing two coats. Paint ceiling first; then walls; lastly, trim. Use a brush to paint a border, fill in with a roller on large expanses. Wipe up any drips or spatters while they are still wet.

STAINLESS STEEL, The Affordable Flatware. With silver prices fluctuating by the day, more and more people are seeking out durable stainless steel for dining. There is a variety of flatware patterns to fit any budget, taste or mode of entertaining. Many are exact copies in design and finish to popular sterling patterns. Others come with more modern handles of wood, lucite, porcelain or colorful melamine. The more costly stainless steel is marked 18/8, meaning that 18% chromium and 8% nickel have been added to the steel. This quality of alloy actually stains less, is easier to care for. Five-piece place settings can range in price from $10 for a casual pattern with melamine handles to over $100 for a gleaming, finely polished contemporary design. The majority, however, fall in the $20-$40 range. Sketched above is the Omni pattern by Oneida, recently accepted into the permanent collection of the Museum of Modern Art. Sleek and satin-finished, it's of 18/8 Heirloom stainless; 5-pc. place setting, $31.





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ANIMAL ADVISERS

By Walter Chandoha

Pets Know How to Save Money











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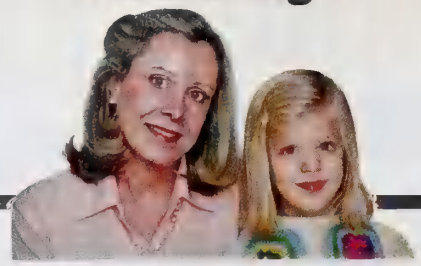
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Ralston Purina Company



By Geraldine Carro

What Worries Kids Most?

If you think you know what's really on your child's mind, take our quiz—then think again. What you don't know may surprise you.

We adults like to think we understand children's feelings. As we make decisions that affect our youngsters' lives, we assume that we know what will please or upset them. But how well attuned are we, really? A recent study of childhood worries should give us grown-ups pause.

Rather than second-guess youngsters, a University of Arizona psychologist, Kaoru Yamamoto, questioned them directly. Some 367 fourth-, fifth- and sixth-graders—old enough to know their own minds—were given a list of 20 presumably anxiety-provoking childhood experiences. He then asked the children to rate each of the events according to how troublesome they seemed. Would it be worse, for example, to move to a new school, hear your parents squabble or get lost?

Below is the list of experiences that the psychologist gave to the children. To find out how well you understand the workings of a child's mind, we invite you to take the test. Put yourself in a child's place and rate each of the events on a scale of one (least stressful) to 14 (most stressful).

Chances are that you, like the children, agree that losing a parent is the most anxiety-provoking experience on the list. You were also right if you felt that youngsters think that wetting their pants in class is pretty disastrous—the children place it fourth highest on their list. Here, to let you further compare notes, are the youngsters' ratings in full, listed in descending order from most to least distressing. (The children's scores are averaged figures listed to the nearest tenth of a percentile.)

13.8 Losing a parent/ 13.7 Going blind/ 13.6 Being held back a year in school/ 13.5 Wetting your pants in class/ 13.4 Hearing parents quarrel/ 13.3 Being caught stealing/ 13.1 Being suspected of lying/ 12.5 Receiving a bad report card/ 11.5 Being sent to the principal's office/ 11 Having an operation/ 11 Getting lost/ 10.6 Being made fun of in class/ 9.2 Moving to a new school/ 8.2 Having a scary dream/ 7.5 Not getting 100 on a test/ 6.6 Being picked last for a team/ 6.3 Losing in a game/ 5.5 Going to the dentist's/ 5.1 Giving a report in class/ 2.5 Acquiring a baby sibling.

How did your ratings compare with those of the children? It's fair to assume that some of their attitudes surprised you. Psychologist Yamamoto, who recently administered the questionnaire to a group of adults, says that his preliminary findings and existing psychological research confirm that most adults, even professionals who deal with children, are off-target in many cases.

Adults, for example, typically overrate the distress that the arrival of a new sibling would create for an elementary school child. Most of the youngsters surveyed placed this squarely at the bottom of the stress list. Attitudes toward this experience, however, vary greatly, depending on a child's age. Preschoolers, explains Dr. Yamamoto, would presumably consider the arrival of a baby brother or sister to be more worrisome than did these older youngsters.

Adults and children also disagree about disagreements. Children rate "Hearing parents quarrel" high on the list, giving it almost as much weight as the humiliation of wetting their pants in class. But parents, says Dr. Yamamoto, minimize the impact of marital disputes on their children. A typical adult response, in his experience, is, "Sure, we fight sometimes, but the kids know we really love them." But do they?

We adults assume, all too readily, that we know what's going on in children's hearts and minds, Dr. Yamamoto concludes. Because we don't always bother to ask, we sometimes end up making major decisions for our youngsters based on our misunderstanding of their feelings. We then simply present these decisions to them and this makes children feel that they have little control over their own lives. Youngsters who feel out of control find it more difficult to cope with stressful situations.

Dr. Yamamoto would like to persuade parents to listen more often to their youngsters' side of the story. He believes that by the time they're fourth- or fifth-graders, children are ready to participate in the decision-making process. And, by giving these older youngsters advance warning, they'd have time to prepare themselves psychologically—the way adults do—for stressful events. **End**

- ☐ Wetting your pants in class
- ☐ Having an operation
- ☐ Giving a report in class
- ☐ Having a scary dream
- ☐ Being sent to the principal's office
- ☐ Going blind
- ☐ Moving to a new school
- ☐ Going to the dentist's
- ☐ Being made fun of in class
- ☐ Acquiring a baby sibling
- ☐ Being suspected of lying
- ☐ Being held back a year in school
- ☐ Not getting 100 on a test
- ☐ Getting lost
- ☐ Receiving a bad report card
- ☐ Losing in a game
- ☐ Hearing parents quarrel
- ☐ Being caught stealing
- ☐ Losing a parent
- ☐ Being picked last for a team

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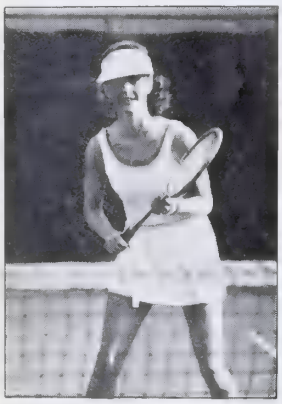
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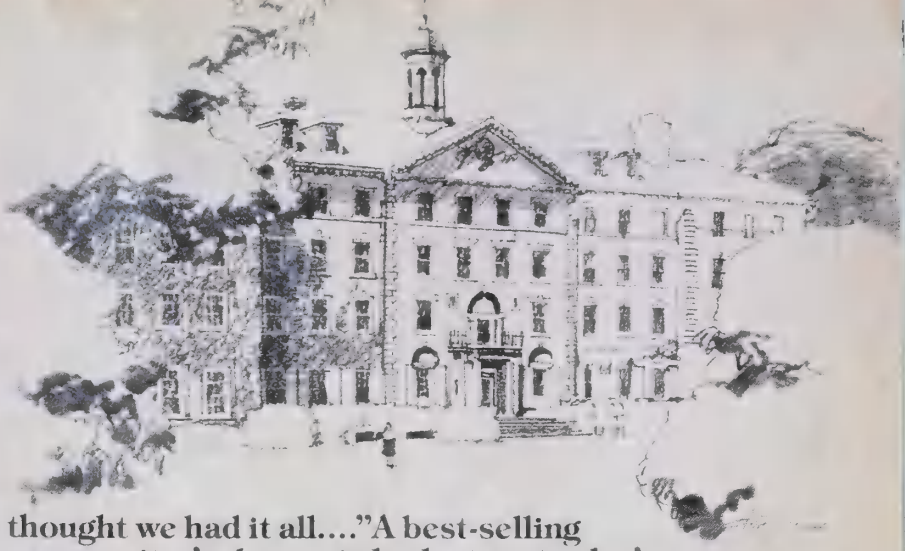
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BEAUTY HINTS

When you return from the beach, take a refreshing shower... and after that shower, lavishly apply Oil of Olay® to your face and those parts of your body that are especially dry –perhaps your elbows, or ankles. This will help alleviate that taut and tingly feeling that so often comes after a day in the sun.

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A Real-life Class Reunion

"We thought we had it all...." A best-selling writer's dramatic look at yesterday's golden girls—her college classmates.

By Rona Jaffe
Author of "Class Reunion"

She was romantic and fun-loving and boy crazy, with merry eyes and a head full of dreams. In her freshman year at Radcliffe the Harvard men nominated her "Miss Cliffie." Her scrapbook was crammed with mementos of dates: theater programs, phone messages, a sliver of the goalpost captured after a football game, an orchid. At college she was swept away by her Mr. Right, and she knew her dream of "the perfect love and family life" was going to come true. She didn't want anything else, nor did she ever foresee that she might have to . . .

Now she sits in the den of her once lovely house, drinking a glass of wine and reminiscing. The carpet on the stairs is worn through, some of the furniture is gone and so is Mr. Right. She rents rooms to make ends meet. "I remember thinking after fifteen years of marriage: My cup truly runneth over. I've got these four terrific kids, this marvelous husband, we'd just bought this house, I had a new job—it was all so wonderful it was a little scary. And then he left."

Radcliffe, where I went to college in the early 1950s, was an all-girl's school (we were not called women in those days) with coed class privileges at Harvard, the famous all-male university in historical Cambridge, Mass. Today the two schools are known as Harvard-Radcliffe, it is enormous, and everything is fully integrated, including the dorms. But when I was at Radcliffe it was small: Our peaceful dorms were six beautiful old red-brick buildings covered with ivy and set around a rectangular lawn, where in spring and fall we practiced archery and volleyball on the grass. In winter there was lots of snow, and the quad (as we called our campus) looked like a Christmas card under the blue New England sky. Men were not allowed upstairs in our rule-protected dorms, and we had sign-out books and curfews. The college was building a seventh dorm, and at night some enterprising couples used to go into the construction site to neck.

There were only a little over 1,000 students at Radcliffe then: girls in sweater sets, plaid skirts and ankle socks, carrying green book bags, riding bicycles to our classes at Harvard. In the hierarchy of colleges and universities, Radcliffe was the elite. Even the other Ivy League schools thought so. We were "the best and the brightest," or at least that's what everyone told us. We knew that only one out of seven applicants was accepted. Most of the frightened freshmen had, the year before, been the president of their senior class, the class valedictorian, the high school star. We came from all over the country, from cities and farms; rich debutantes and scholarship students; third generation Radcliffe and daughters of refugees; children of professors, diplomats, janitors and maids. But we all had one thing in common—we were special.

My college years at Radcliffe figured fondly in several of my novels, particularly in my latest, *Class Reunion*, the story of four women and four men who go to Radcliffe and Harvard in the 1950s and what happens to them then, and afterward, until they meet at their twentieth reunion. Now, in real life, I wanted to see what *had* happened to some of the women I went to college with, most of whom I hadn't seen since my graduation. I got the twenty-fifth reunion yearbooks for the classes 1951 through 1954, sent out 1,000 questionnaires and received 200 replies. Then I traveled around the country—New York, Washington, D.C., Los Angeles, San Francisco, Minneapolis, the Boston-Cambridge area—and spoke with over 100 women. What started out as a search for old friends and campus legends became an obsession to find out who we, the 50s generation of graduates, were and therefore somehow find out who I was. I suppose that's what makes people go back to their real class reunions.

"Look at the movies we saw in the 50s—they all said life would be that way."—*A wife, mother, teacher and student in Massachusetts.*
"I never missed *Your Hit Parade.* I'd lie on my bed and listen to the words of those love songs on the radio and I knew they were all true."—*A divorced mother and freelance editor in New York.*

The first thing I asked on my questionnaire was: *What were your hopes, dreams and expectations when you graduated* *(continued)*

Illustrations by Howard Rogers.

from college, *in terms of work, love and family life?* The answers were essentially the same.

"I wanted to marry the most wonderful man, have beautiful, brilliant children and live happily ever after. And maybe teach."

A paid job was only something you did until real life came along, and then there would be volunteer work, to "be a pillar of the community," as one woman said. Money really wasn't important to us in those days, nor was power. "We didn't want the man who was going to be president of the company and drive the expensive car; we just wanted love."

And we wanted identity. "We married what we wanted to *be*," said the wife of a college dean. "If we wanted to be a lawyer or a doctor we married one."

"I expected to find my identity through my husband," came a large number of replies.

"Don't you remember that speech Dean Sherman made?" a woman in Minneapolis asked me. "She told us our function as Radcliffe graduates would be to bring up a future generation of well-educated daughters, and I wasn't angry or insulted, I just accepted it."

The second question I asked was: *Did you get what you wanted and expected from work, love and family life?* Here is where everything exploded in different directions. Some of the women didn't even wait for question two and put their answers at the bottom of question one: "Boy, was I naive!" And "Ha!" Others thoughtfully replied: "Yes, I think I did." But most of us were surprised by life, by love, by other people and, most importantly, by our own changing selves. And here is where the real stories begin.

"When I saw *A Doll's House* I cried and cried, because I knew that was my life."—*Grace Kennan.*

Grace Kennan was our idea of the international set. When she came to Radcliffe most of us were a little in awe of her because she seemed so sophisticated—her father, George Kennan, was ambassador to Russia, she had lived all over Europe, met interesting people, spoke six languages, and what we thought was a very enviable life. What we didn't know was that growing up in the Foreign Service meant going to 11 schools in ten years, never having friends, and spending a lonely childhood reading and dreaming of the day when she would become famous (and loved) as a ballerina, or an actress, or the great American writer. We thought she was a woman of the world; she thought she was "a clunky kid from public high school."

By the time she came to Radcliffe she had found out she was too old to be a ballerina, there she discovered she wasn't good enough to be an actress and, after college, no publishing house wanted her. Meanwhile she had fallen in love with a Harvard law student with whom she went steady for five years, three of them engaged to him. He wanted to get on the *Harvard Law Review* and felt that marriage would distract him from studying, so after her graduation Grace rented a tiny apartment with two other girls—"You never lived with a man in those days"—got a job and waited. "I waited three years and I didn't think a thing of it!" Six days before the wedding, he called it off.



She went to California to help heal her broken heart, met and married a man there, and had three children in four years. "I did lots of volunteer work and played lots of tennis." They were divorced when the children were three, five and seven years old.

Now the old dreams of writing came back. She got a job as the book critic on *San Francisco Magazine*. Then she married John Warnecke, a famous international architect whose work and interest in exotic places took him all over the world. Grace always traveled with him: "He liked coronations. We went to a lot of coronations."

The children stayed home—"I felt very guilty about that"—but a wife's place was by her husband's side. Also, a wife who was given a heady life filled with glamorous adventures was not supposed to want a career of her own.

"I'll never forget lying on the cold tile floor of the bathroom in the Dorchester Hotel in London at five in the morning writing a book review, because my husband didn't want me to work while he was awake. When he was awake I was supposed to be *with him*."

While they were living in Washington, D.C. she went back to school to study photography: "I was forty-one with all those kids in the class. I have never been so scared in my life. My biggest worry was what to wear. Nobody talked to me."

Grace was in California when she heard that President Ford was going to make a speech and decided to go and see if she could take some crowd scenes. The only place left was in a tree with another photographer, so she scrambled up. "He kept snarling, 'Get out of my tree, lady. I'm a real photographer, I have a living to make, you're just a student.' And I was saying 'I have every right to be in this tree!' It turned out that the two of them were only five feet away from where Sara Jane Moore shot at President Ford and none of the "real" photographers could see it because of the police lines. So Grace suddenly found her photos of the assassination attempt as the featured pictures in the lead article in *Time* magazine.

"Then people called me up and offered me assignments."

Her husband refused to pay for her film so at first she worked just to get the money to keep on working. Now, as Grace Warnecke, she has a serious career in photography, has had two shows, her photos appear regularly in magazines, and she hopes to become a photojournalist. The marriage ended in divorce.

"I can't imagine life without risk," Grace says today. She lives alone in a beautiful, big house, which she will probably leave because it's too expensive now that she is supporting herself. At 47 she is stunningly attractive, honest, vulnerable and independent. "Creativity—if I can use that pompous word—is risk because you're creating something out of yourself. Every time I go out on a job I'm sick with fear. Although sometimes I think it would be nice to live a *(continued)*

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uieter life, I know I couldn't live ithout work. It makes me feel ive. Looking back at the men in y life I realize I didn't have a ery high opinion of myself, so hen I found men who were itical of me I thought: 'Ah, how ever of them to know I'm no ood!' I think we were brought up believe that as long as you made our husband happy it didn't atter whether you were happy or ot. Loving Wife meant being edient. It takes a long time to come a person, but I would ever have a relationship now here we both couldn't do the ork we wanted."

Of all the women, Kathy ergenson would be the best bject for a novel, but if I wrote er story as fiction no one would elieve it. Love, death, an exotic untry, Mother Teresa . . . . The ost extraordinary thing is that athy doesn't think her story is traordinary at all! But that is pical of her, and perhaps why she as survived.

She was the granddaughter of oor Russian immigrants. Her randmother, the only one of nine ildren who went to college, orked her way through Radcliffe nd graduated with the class of 904. Kathy's parents met at adcliffe and Harvard, where both ere poor, commuting students. ney married and moved to Forest ills, then a provincial eighborhood in one of New York lty's boroughs, with frame houses n quiet streets. Kathy, a tiny, und brunette, graduated from ublic high school at 15. She ought she was too young to go to ollege, so she worked for a year as file clerk at a life insurance ompany. At 16 she entered adcliffe, where she alternated anging around with the boys in e Harvard band and spending ays doing volunteer work at a ambridge settlement house, aching underprivileged kids how cook—something she wasn't too ood at herself. The other girls greed it was good training to arn how to make meals on 30 ents a day but they also thought e was somewhat of a freak.

At 19 she married a boy she'd et in high school—"Everybody as getting married so I did, too." ike most of the other young ouples of our generation, they ight have been matched by omputer: same background, eighborhood, race and religion, close in age. She finished Radcliffe while he finished law school, then they moved to Washington, D.C. where she held a Peace Corps desk job and he practiced law. "We went to work every day, we came home, we went out with friends—I didn't even know I was unhappy."

But children had always been very important to Kathy. It was of great concern to her that she wasn't getting pregnant. "I began to realize we never talked about emotions. We couldn't sit down and cry together. I wasn't madly in love with him. The sex was not good. I was bored to death. But everyone thought we were so happy."

When her husband was offered a job in India, Kathy convinced him to take it and they went to live in New Delhi, a city much like Washington, D.C. but infinitely more exotic. Kathy fell in love with India immediately, and felt she belonged there. Every day she went to the orphanage run by Mother Teresa, to feed, bathe and play with the children. She and her husband decided to adopt an Indian baby. "Then we were in the orphanage, I was holding a baby, and I looked at my husband and suddenly realized: 'I *really* don't want to be married to this man.' "

So they didn't adopt and shortly thereafter he went back to America without her. And then began the story of the great love of her life . . .

He was an Indian named Sreedhar. An economist, whose father was the leader of one of India's political parties and a business tycoon, he was not the same race, not the same religion and he came from a totally different culture. His family had been in India for thousands of years, they had power and wealth and prestige, and all the marriages in their family had been arranged. "On the surface we couldn't have been more different, but I've never in my life met anybody more like me," Kathy remembers.

For five years Kathy and Sreedhar tried to get married, but his parents were adamantly against it. They lived together in a house filled with sunshine and roses from their garden; Indian and American music always playing; and friends frequently just dropping in. Their friends were on their side. During that time, Kathy had gotten her divorce. Finally, they were married in Washington, D.C.—and Sreedhar's parents disowned him.

The couple made plans. He was working for the World Bank. They would wait out his parents' wrath then spend six months a year in India and the other six in America. Every month, on their anniversary, Sreedhar gave Kathy roses. They were blissfully happy together but Kathy still wasn't getting pregnant. They decided to go to a doctor to find out why. If she couldn't have a baby then they would adopt an Indian child. The doctor examined both of them. He discovered that Sreedhar had cancer and had only a few months to live.



Sreedhar went to the Washington Hospital Center. Kathy wanted to spend every moment of the time he had left with him so she convinced the hospital to let her have a room in the nurses' quarters. She stayed there his last four months, getting up at six o'clock in the morning to spend the day with him, going to bed at midnight, sleeping for six hours then going back to his room to be with him. "We had funny times as well as terrible times during those four months."

They had been married in December. He died the following November. They were married only 11 months. He had given her roses every month on their anniversary but they never had a year.

When he died she was totally at loose ends. She went back to India, thought of suicide, traveled in a daze, went back to Washington and a Peace Corps job, then decided to adopt an Indian baby, as she and Sreedhar would have done if he were still alive. She went to the orphanage in New Delhi and said: "I'll take any kind of child you give me, just promise me it won't die."

They gave her a 10-day-old girl with an undetected heart condition, and in ten days the baby was dead.

Then a friend stepped in, went to the Missionaries of Charity and said, "You simply have to give this woman a baby. She's suffered enough." Kathy picked Anita because she was throwing her cereal across the room: *(continued)*

"I wanted a spunky kid and that's what I got." She was 11 months old, weighed only 13 pounds, and "had every parasite India had ever produced."

Kathy took Anita back to America to start a new life for both of them. There she fell in love with another man and they began to live together. She wanted to adopt another child but he didn't want her to—so he left. Then Kathy discovered she was pregnant.

"I was forty years old and finally going to have a biological child! I had given up believing I ever could. I was ecstatically happy although I was faced with a hard decision—whether to have a child out of wedlock. I discussed it with my friends. The men, except for my father and one other man, were all *appalled*. They said: 'You can't have this baby! Who will ever marry you? Have an abortion and adopt a poor, starving orphan.' My women friends all said: 'Of course you should have this baby and we will help you.'"

Her women friends raised several thousand dollars so Kathy could have the baby—a beautiful girl named Suzy—and stay home with the child for a year. One woman even went to childbirth classes with Kathy and stayed with her in the delivery room.

All through the years Kathy had kept her ties with Mother Teresa (who this year won the Nobel Peace Prize) and seven years ago Kathy began arranging the first adoptions of Indian children by people in the United States. Now Kathy Sreedhar gets 10,000 letters a year, sometimes spends $500 a month of her own money on phone bills, has placed 600 children, holds a full-time paid job, takes care of Anita and Suzy, and has a wide network of loving friends.

She met me at the train station in Washington. She is an outspoken, strong-minded woman, but she has a childlike quality that makes you want to protect her as if she should be adopted herself. She was wearing a cracked leather coat with a button missing and in her car there were drawings made by her daughters. Her face radiates happiness.

"Sometimes people stick labels on me," she says. "The widow with two children, the successful career woman, the outrageous, rebellious woman of the world. I am none of these. What I really am is always overextended, sometimes overwhelmed, often joyous, missing male companionship and sex, successful in my work, reveling in my friendships, and incredibly, wildly in love with my kids. I only wish Sreedhar were alive to share our joys."

So far I have not included myself. I was 16, from New York City, and I wanted to be a writer. I made mental notes of every institution and custom at college. One I particularly remember was called "Gracious Living," which meant candles on the table at dinner, no jeans permitted, high teas presided over by the house mother and demitasse poured after dinner from a silver service. Gracious Living vanished even before the coed bathrooms appeared, and though some thought it was a joke a lot of others liked it because it seemed a glimpse at the world they hoped to create when they graduated. Another tradition that was typical of our generation, and duly noted by me, was that the first baby born to a Radcliffe graduate each year became known as The Class Baby, received a silver cup and became the class mascot.

I loved Radcliffe because there were all those boys. Even then I used my friends in stories I wrote for my writing courses. After graduation I went to work for a publishing company and then left to become a full-time writer.

"We sat in classes with the Harvard men, and the professors said: 'You are going to go out in the world and do great things.' We didn't know they weren't speaking to us."
—A wife, mother and psychologist in San Francisco.

Some of us had courage, even back in college, and others developed it. Some of us didn't have enough and were traumatized by events that other people managed to take in stride . . .

The small, tense woman is sitting in the living room of a friend's house, her face tight. She looks at me and says: "I came here to tell you my story. I'm angry. I'm *very* angry. My father died when I was very young, my mother was a waitress. She couldn't care less if I went to college. I had a scholarship and I had to work as a live-in domestic because we were so poor. I cared so much about getting an education. I had no one to turn to. When I was a senior I learned they were giving Fulbright scholarships for graduate work. I wanted to get one, get more education, make something of myself. I planned my presentation so carefully so I could get a recommendation. I went to the eminent professor sitting behind his impressive desk, and laid my fragile dreams out before him. And he grabbed me and started kissing and hugging me—I thought he was going to rape me. I ran away in shock and went to my garret room and stayed there for two years, just reading; a total recluse." Her voice trails off. "Nothing ever really went right after that . . ."

I look at her and see a bitter woman who feels betrayed by her college and cheated of her chance at life . . . unfulfilled . . . still striving after the intellectual. As we get up to leave she turns to me and remarks: "I didn't read your novel; I only read Tolstoy."

Lois Dickson is an entirely different story. She was one of those rarities in the early 1950s—a black student at Radcliffe, one of three in a class of 266. (Today there are 65 black women in a class of 593.) Her father was a janitor and the most money he ever made in his life was $5,000 a year. Yet he saw to it that Lois and her four older brothers got through college (three of them became doctors and one a PhD).



"We all had music lessons and decent clothes. It was expected that after college I would work, whether or not I was married. The one thing I knew I didn't want to be was a secretary, the way I saw so many bright girls end up."

Surprisingly for those days, social life at Radcliffe was very integrated. Lois dated both white and black students from Harvard, "although I expected I would marry a black man and I did." She was president of the student government, Senior Class Marshall and Phi Beta Kappa. Early on she switched her major and gave up her dream of a career in medicine because she got a C in one science course and was afraid she would lose her scholarship.

Her one act of rebellion against her success-oriented *(continued*


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amily was to marry a charming but nsuccessful man, a marriage that idn't last very long. Two other narriages followed (her present usband is white) and all three usbands were at least ten years lder than she—although she asn't bothered to analyze that. "My areer gave me much more atisfaction than my personal life, ntil recently."

Today she is the head of the Vashington, D.C. office of the lational College Boards, and was nstrumental in changing the college ntrance exams so that they would e less biased against minority tudents. Chic, poised, a little autious, very intellectual, she sits n her beautiful Victorian house ipping sherry from a silver cup and nain smoking. Even her Christmas ree is perfect. She drives a lercedes. Besides her regular job, ne is on the board of several major orporations, constantly flying to neetings to advise on policy. She ninks perhaps she works too hard nd is thinking of slowing up when er husband retires. While this ould seem to be a classic rags-to-ches story it really isn't—Lois is xactly where she was programmed o be, just like many of the rest of s. The difference is that she was ne of the people who was playing or higher stakes, had little time to e frivolous and was aware of what ould happen if she didn't win.

"Tell them the truth. Tell them that marriage institutionalizes inequality. Then we won't betray our daughters the way our mothers betrayed us."—*A happily married housewife.*

At college Sadja Stokowski was ur Golden Girl. She was beautiful, ith long blond hair and big blue yes, and she was tall—in a time hen tall women were not onsidered fashionable she made it eem actually enviable. The Harvard nen went out of their way to sit next o her in classes, rushed across the ampus to greet her. She seemed to ail through her courses with traight As and she was a junior Phi eta Kappa. Not only that, her ather was the internationally mous conductor Leopold tokowski. She had a genuinely unny nature, she dated a lot, went teady a lot and was in love a lot. nlike the rest of us she never nought about marriage. Being in ove was an end in itself. But we ere impressed by appearances and idn't really know the secret problem our Golden Girl had.

Being the daughter of a famous father was a burden to her; she felt no one ever accepted her for what she was and she wasn't sure if people liked her for herself. She wasn't the least bit musical. She asked her mother if she could change her name and her mother said no, it would hurt her father's feelings. "I knew until I changed my name I couldn't begin to live." In her senior year she became uncharacteristically depressed: She felt in some vague way that she wanted to do something socially relevant but she didn't know what.



Then, right after college, she got married—"In a sort of miasma. I know I got married to change my name." She decided medicine would be the helpful career she had been looking for. She went back to Radcliffe to take pre-med, then went to medical school with her husband. They got divorced, he left school and she continued on and got her M.D.

She went to San Francisco for her internship and met and married a doctor there. They had two sons. When she was pregnant with her first child she was studying to be a psychiatrist and she asked those in charge of her residency program if she could do her work part time—they were horrified. Feeling weak and inadequate for not being able to be a superwoman, she dropped out of the psychiatry program and did general practice part time. Later, she changed her specialty to obstetrics and gynecology but didn't practice that full time, either, because she wanted to spend time with her children. But she was always feeling guilty that she wasn't spending enough time with either her children or her work.

Still wanting to do something "to contribute to society," she began actively working for Planned Parenthood and the pro-choice movement. "I had seen some very traumatic abortions among college students while I was at Radcliffe." She also worked for the Woman's Health Network in all aspects of childbearing and health.

Meanwhile, there was an amicable divorce from her second husband. They now live on the same street and their two teen-aged sons go wherever they like what's being served for dinner. They all spend holidays together. When he remarried, she decided to change her name. She invented Greenwood. "I couldn't stand being 'Mrs.'"

I visited her at her house in a wooded area of San Francisco. Her hair is cut short and there is gray in the blond but she is still arresting looking. Her huge blue eyes give you their total attention and she laughs heartily and often. She lights a log in the fireplace, and begins to reminisce. Then a man walks in.

"This is my partner, Alan," Sadja says. He goes into the kitchen to cook a huge pot of soybeans; they are vegetarians. Sadja laughs and leans forward animatedly. "Let me tell you how I found happiness by living with a man and not being married. Alan and I have been together for eight years in a very committed relationship. Neither of us see other people. But there isn't that husband-wife script thing. Both of us are divorced and neither of us wanted marriage. There's something about that ownership thing in marriage that's destructive to a lot of people. The husband owns the wife and the wife owns the husband.

"Alan and I share everything—he's a professor of obstetrics and gynecology so we have common interests, but we're not competitive—and we have no fixed gender roles. We each chop wood, fix electric plugs, go shopping, do the cooking. We do things out of good will, not because we're compelled to. He's very loving with my sons but he doesn't try to control them. He doesn't do a heavy stepfather thing. Their father and I make the important decisions concerning them. We haven't had any social problems living together and not being married, nor have the kids had problems at school. I'm not sure we could do this in the Midwest, but here it works fine. I would have been doing this years ago if I had known I could do it."

Our romantic generation had joys, successes, failures, tragedies, compromises and *(continued)*

surprises. As one woman put it: "I was poised like a princess ready to be happy ever after. I never, never expected a nightmare." The nightmare, if it came, was different for different women. For many it was the husband deciding to embark on "a new life" without her. "He gets the 'new' life and 'our' salary. I get the house, the mortgage, the leaky faucets, the bills; the children to feed, clothe, soothe, help through the suffering that is not their fault," one woman writes angrily. "I am worth about as much as yesterday's newspaper. I am told 'go support yourself.' Prospective employers say I have no work experience. My success as a mother doesn't count, even though it is supposed to be the most sacred job on earth. My volunteer work doesn't count, even though it was the 'right' thing to do. My Radcliffe degree doesn't count because it's twenty-five years old. My husband tells me I 'failed.' I wonder, do husbands ever fail?"

Yet the woman who wrote this angry letter picked herself up, because most of us do, and is going back to school, selling carpet cleaning on the phone for $2.90 an hour, doing a job internship and caring for her home and children. "I am a survivor!" she concludes fiercely. "And I am a fighter! I will get a job. I will fight so laws are changed. I may even meet someone and marry again."

The nightmares for some other women involved drugs and mental breakdowns. A woman told me, "I never dreamed I would see the day when drugs are sold openly. Nothing prepared me for this."

A woman wrote that two of her children had nervous breakdowns from which they never recovered, and another wrote that her son was a heroin addict but rehabilitated himself and is now back at school.

Several other women had problems with alcoholism. As one said, "You're told life will be one way and then it's another, so you get disappointed and take it out on yourself."

We dreamed away our college years in sexual innocence. Two of the anonymous replies came from women who discovered, after marrying and having several children, that they were lesbians. One told her husband and says she will leave after the children are grown. We didn't know about those things in the 1950s, except in the vaguest way.

Perhaps the most moving letter came from a girl who hasn't seen her mother in four years and wanted to answer the questionnaire as she thought her mother would have. Her mother, my classmate, had a nervous breakdown, was committed to a mental hospital by her husband, was released and later, disappeared. Before that was a story of wife beating and child abuse. The effort of the daughter to put herself in her mother's place in order to sort out what had happened to her seems more typical of this younger generation than ours: I wonder how many of us ever thought of our mothers as being younger than we are now when they made mistakes we couldn't understand?

"I came to college at seventeen with a list of qualities I wanted in a husband: older, taller, smarter, more worldly, stronger . . . and attractive. I was ready for the first person who came along."—*A wife, mother and psychotherapist, in Massachusetts*

If Mr. Right turned out to be a stranger, if we discovered at 20 that marriage and motherhood didn't automatically make us—or our husbands—grownups, most of us stuck it out anyway. Our generation of women generally did not leave when the dream was betrayed. We, who docilely obeyed the rules, couldn't withstand the social pressure against a woman getting a divorce.

"I knew right away my marriage was a mistake," a woman says. "When I couldn't stand it anymore I went back to my parents. My parents said: 'Impossible! No one in our family has ever had a divorce. You're selfish . . . you'll ruin your children's lives!' I said: 'But I'm so unhappy.' And my mother said: *'What makes you think you have a right to be happy?'*"

We seldom left our husbands, but they often left us. And for a few women, like Martha Webb, what could have been a trauma turned out to be a release that gave her an entirely new personality and life. She was achingly young, serious and innocent when she got married, right out of Radcliffe. She was in love with love. Her husband became a minister and they had four sons. The atmosphere in the marriage was cold and estranged and she blamed herself: She thought she had no personality, no warmth, no humor. As the minister's wife she had no one to turn to for advice—she was supposed to be giving advice. Then her husband told her he was in love with her best friend and wanted a divorce. If he hadn't made the decision, the marriage might have gone on forever.



Martha moved to California, went back to school, got a PhD, and "learned something truly startling—*it was okay to be selfish.* Someone gave me choices!" Suddenly she had loving, supportive friends: men and women. They told her she was funny and delightful. She *became* funny and delightful, excited by life, bubbling and happy. She's a new person, and most important, this time she knows who that person is.

Phyllis Levy was my best friend in college. She was 16, from New York, loved poetry and love: the total romantic. She was slim, pale, dark-haired, beautiful and bright, with the most fashionable clothes. The Harvard men thought she was "exotic." She had more dates than almost anyone: Her mailbox was constantly stuffed with phone messages, she went to every football game, and five boys asked her to each one. Phyllis always fell in love at first sight or not at all.

At the start of freshman year we had to go to the dean to discuss our choice of major. Phyllis wanted to major in English and to take advanced Spanish. The dean looked through her file: "Why do you want to take more Spanish? You did very well in it at high school."

"I thought after I graduated it would help me get a job."

"A *job*?" the dean said in horror. "This is not a trade school. Your purpose at Radcliffe is to get the best education anyone can possibly have and then you will get married, preferably to a Harvard man."

So Phyllis went away from that meeting believing every word and set out to fulfill her destiny. In her senior year she thought she had. She fell in love with a handsome, brilliant, Harvard law student and they went steady. *(continued)*


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Expandable sponges that fit best to protect you best against tampon by-pass. Rely's sponges expand to fit and absorb almost instantly. So you're protected virtually from the start.

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you really need Rely's double-absorbing action.

Some days it seems as though a tampon's just not going to be enough for you. So you use a napkin, too, to protect against tampon by-pass (the accident that happens when there's a gap between your tampon and you). Not very comfortable, is it?

Now try Rely.® It was specifically designed to protect you by fitting better than other tampons. Rely holds your menstrual flow in a unique way to protect you best against tampon by-pass. So you can practically forget about by-pass staining and accidents. You see, Rely is made very differently. Not with cotton and rayon. But with tiny expanding sponges and super-absorbent fibers encased in a silky outer covering.



Double-absorbing action: It provides superior protection against tampon by-pass.

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Only sponges absorb like sponges, and Rely's absorb almost instantly. But that's only half of double-absorbing action. It's the fibers that help keep the flow from backing out. They actually draw the flow from the sponges and hold it deep inside Rely's unique cup shape. Allowing the sponges to absorb even more.

All this protection and comfort, too.

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It even absorbs the worry.



Phyllis was sure she would marry Jim. What she didn't know was that back home in Beverly Hills his parents had already picked his bride. The summer following their graduation, he went home to study for the bar exams and Phyllis went to Europe—her graduation present. She didn't see a thing; all she did was look for letters from him. In the fall, back in New York, she got her first job, typing for $35 a week, and then the last letter came from Mr. Right. He wrote that he was marrying the girl in Beverly Hills and wished Phyllis "all the happiness in the world."



For the next five years Phyllis pined for him while working her way up to a good job in publishing as an assistant editor. She went out with a lot of men, had crushes on some of them, but none turned out to be Mr. Right. Although she found her work interesting, she kept thinking of it as only something I was doing until I could fall in love and get married."

Finally she fell deeply in love with an older man. But he was married. Still the eternal romantic, Phyllis decided to wait for him. She admired him so much that she copied everything he liked and did. She liked pink but he liked blue, so now she liked blue. She changed her taste in food, clothes, furniture. The only thing she kept was her own taste in books. She continued to enjoy her publishing job and worked hard at it, but she never realized how much she loved it because she always kept thinking it was temporary. At last, after 14 years, Phyllis realized the man she'd put all her hopes on was never going to leave his wife. Brokenhearted, she went off to be on her own.

She went into analysis and at last found herself. She discovered that she reveled in her work and was ambitious, that she really liked living alone and being single, that her life was "absolutely complete with my friends and my work, and any man who came along now would just be an extra bonus."

She is still beautiful and fashionable, still my best friend, and lives in a chic apartment which, for the first time, is furnished entirely in her own taste. She has two cats to whom she is devoted but is far from the classic picture of the old maid with the cats we all dreaded becoming. "I dreamed my way through life," she says now, "always waiting for HIM to come along to make my life complete. I never realized I had a life all along."

"Ah, youth! The world was my oyster; isn't it for every college graduate?"—*Callie Smith.*

Callie Smith really, truly believed she was a superwoman. A slim blonde from Virginia, she was in no way the stereotype of the fluttery, passive Southern belle, and she certainly was ahead of her time. When she graduated from Radcliffe she did not just hope or dream; she was *sure* she would have a brilliant career in publishing, marry the young man who was waiting for her in New York, have two perfect children (and still keep working at the brilliant career) who would be tended by the competent housekeeper she intended to have tucked away in the handsome New York apartment overlooking the East River. First, though, she had a glorious year in France to look forward to. She wondered if anyone had ever been so blessed!

Then came life. She worked for ten years and was in striking distance of achieving her goals when she left to be married. The husband, however, was another man and the apartment overlooking the East River had turned into a small house in Baltimore. She hadn't planned on that. It meant giving up the career she'd worked so hard to achieve; but it was a conscious decision and one she was happy to make at the time. Her expectation then became being the perfect wife and mother and never to work again.

But real life sometimes has a way of tearing at even simple hopes. At 11 months of age her second child was diagnosed retarded. "*Everything* changed; every value, expectation, every dream. My whole life turned upside down." In order to handle this heartbreaking experience she and her husband were advised to take things one day at a time, and from then on her expectations and dreams "became very limited. My values, though, became much more sound."

She has a son in college now, and a daughter in high school. It seems to Callie that she missed the whole upheaval of the 60s and 70s because her children were so young and she was so busy as a housewife and mother. "I feel as if I lived in a vacuum . . . it's as though I watched life on television for fifteen years."

But like many of us, in the last few years she has awakened and started to look around and reassess what she wants out of the years ahead. And, in a different way, she's as enthusiastic as she was at college, despite everything.

She went to her twenty-fifth reunion, and says: "It seems to me we were the transition class—the last ones to be part of the old value system for women, and a bit too early to assert ourselves. When I look back at my college years I see what a perfect model of Radcliffe President Horner's 'fear of success' syndrome I was. But it struck me that we are a handsome, talented group who have turned out exceptionally well.

"I don't think I'd like to be young today. I'm glad to be where I am. Perhaps the one thing I've retained from my life so far is the idea that we never know what's going to happen to us. The most incredible things do. I suppose I think the best years of my life are yet to come. Always an optimist! Life doesn't turn out as we expect it to but if we manage to weather, or even surmount, the difficult things that do happen, I think it's because we learn to be flexible and to survive and, perhaps, even to do it with grace and style. I find I really do believe that."

"We wanted to be swept away."—*Ann Burkett.*

If I had to pick one person to represent the voice of the 1950s I would pick Ann Burkett because, more than anything else, we were so romantic and she expresses this part of us with precision and candor. She came to Radcliffe from Portland, Maine. As a child she was wild about horses but at 13 she gave up horses for men. It was to be a long infatuation.

Popular and boy crazy, she loved Radcliffe: "The breathless excitement of the lecture hall, the telephone calls that everyone overheard, the borrowing of clothes and lecture notes, the feeling that every hour was a new *(continued)*

and daring experiment." She even loved the annual panty raids the Harvard men inflicted on us. But most of all she was waiting to be swept off her feet by the knight in shining armor on the white horse; a perfect, clean-minded man who didn't have kooky ideas; the happy ending she'd seen in all the 1940s movies. "It was programmed into us—'Someday my prince will come'—ending with the clinch, the sigh and the fadeout."

She met him in a class called "Ideas of Tragedy." He was so handsome he was almost beautiful, a son of a famous New York literary family, "the most Harvard of Harvard men: clothes made by a tailor, hair nicely cut." They fell in love and became engaged.

After graduation he went off to serve his time in the peacetime Army, and Ann got a job as a clerk-typist at CBS in New York. She shared a tiny studio apartment with two other girls whose fiancés were also in the Army. They had a large group of friends, boys and girls, all poor, all starting out in the big city. They would make spaghetti, drink red wine and talk until late at night.

"It was the happiest year of my life," Ann remembers. "I had snagged my Mr. Right and he wasn't there. There was no sexual tension. It was anxiety free. I looked at people as people. It was the only year of my life since I was thirteen that I didn't have to cope with: 'Will he call, will he like me, how do I look?' It was a hiatus. The other two girls felt exactly the same way."

When her fiancé got out of the Army they were married. Now she could have her dream of "my love and I reading poetry to each other from opposite sides of a blazing fire after the babes were nestled into their beds." They had four children. Actually, there were croup attacks, the constant emotional drain of childhood illnesses and for ten years she never had a full night's sleep. Then just when the youngest was out of diapers, when the children were independent enough so that their parents could get on with their lives, when they'd bought a new house and Ann had gotten a master's degree and a teaching job, when she was finally, truly happy and ready to settle down: "Mr. Right became caught up in the 1960s. He had never been trendy in his thoughts, but now he grew a ponytail, threw away all his Brooks Brothers clothes, joined [illegible], met a woman . . . ."

He was into meditation and wanted Ann to meditate with him. She did, "although meditation is not a team sport. I really tried to save the marriage, even having endless dialogues with his girlfriend on how to save it. I was ready for something low key—contentment—it didn't matter to me if we had different interests. I never found marriage dull. It should be the haven in an exciting life. He said he couldn't stand looking in my eyes because he saw himself and all his failures.



Men panic at 40 and think that if they don't rush out and grab it it's going to get away—whatever 'it' is. They're afraid they'll die before they've lived. They say, 'We've grown out of each other.' That doesn't bother me. We had a whole life: the kids, a web of experiences. I wouldn't have left *him* unless he did something dreadful."

But Mr. Right jumped onto his aging white charger and rode away to marry the other woman. Ann continued to teach until she felt she was disappearing into a world of children. So she accepted a low-paying typing job as a way to get a toehold into publishing. She worked her way up to being an editor, and in the evenings she sat in the chair beside the fireplace, as she had dreamed of so long ago, minus the poetry and the great love, and thought about life.

"A lot of us have overcome the obstacles presented to our generation, broken sex barriers in careers, but what still sums us up is this incurable romanticism," she says. "We're looking for love, this aura, not what comes after. I'm still looking for the fadeout with the kiss. But I'm not going to fall apart without it. Deep down we haven't given up our romantic fantasies that a man is going to come along and save us, but we can have a good time until he does. I don't go out and I don't like dating games. I don't have time to sit over a little cocktail table and we both tell our story and impress each other and *glow*. I want a relationship that grows out of liking each other. The knight on the white horse, you don't have to go out to dinner with *him*. He comes along and holds out his hand and you both ride away. There's no way any of us is going to escape this fantasy. Jobs and the rest are externals. The central dream remains: That the most important thing in the world is romance. I'm so much more relaxed now than I used to be—but I still have one ear cocked for the sound of those hoofbeats . . ."

"My goal was a life well lived. I am a creature of my time."—*A woman in New Jersey.*

It is difficult to sum up a generation—probably impossible—but there are certain things we were and are: articulate, intelligent, caring, strong, resilient, individualists, romantic and aware. We made our first choices when we were very young and the world was a simpler place. We loved our men, were enchanted by our children and wanted to help our community; and always, from the very first, appreciated and cared about our women friends. We knew we were among the most fortunate of people, and tried to live our lives in a way that would repay our debt to the school that had made us feel special; hardly ever feeling we had succeeded because we expected so much more of ourselves than people who had a "reasonable excuse" to fail. Failure of our expectations made us feel guilty, yet we learned that it was often not our fault at all. Our lives varied, but in most there were problems, and these problems were overcome with strength and staying power.

In the 1950s, when we were much younger than we thought we were, we accepted the rules and thought there were no choices. Now we have learned to make our own choices, even our own rules. We are not Pollyannas: There is some rage for having been betrayed by the men and institutions we loved and trusted. But we have gone beyond the rage and we *like* ourselves. The world changed. We changed with it and know we are still changing, that you never write The End to a life until it's over. Maybe nothing worked out quite the way we though and planned, but life is still for living, loving and learning, growing, exploring—and feeling proud of how far we've come. **En**



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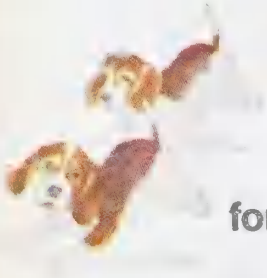
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search company. While they weren't asked to recommend a specific brand of eet his changing nutritional needs. Cycle® dog food was specifically developed to w Cycle helps keep your dog healthy and alert, now... and for the rest of his life.

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DOG FOOD



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less active dog may get needless ra calories. But while you want to trol his caloric intake, you also nt to give him a good tasting dog d that meets his nutritional uirements. And with Cycle 3 can.

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DOG FOOD

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MARRIAGE TODAY

continued from page 91

• They are less optimistic about future (75% of those with children exp to be "very" or "mostly" happy, compa with 85% of women without children).

• They feel that they have less con over the important events in their li (50% with children feel in control mos the time vs. 62% of childless women).

• They tire more easily (49% vs. 43 feel irritable or angry more often (41% 31%); and lose interest in sex more quently (34% vs. 28%).

• They are less happy with their lives (26% vs. 16%).

And children can, directly or in rectly, cause marital problems: *72 perc of the women without children are sa fied with their marriages, but only percent of the women with children "mostly" or "very" satisfied with theirs*

When we broke down these figures the age at which the women had th children, we found that women who w 16 to 20 years old when they gave birth their children are more unhappy th women who had their children later life. The young mother most often s that she is dissatisfied with her child (3 vs. 25% for other mothers), and suff from headaches (34% vs. 25%) and inso nia (31% vs. 22%). On the bright si however, she also said she has sex m frequently and feels more compati with her mate than did the older moth

The age of the children affects m riages, too: *Women with children unc six years old and women with teen-age are under the greatest stress*. For exa ple, women with children under six s that they are more likely to cope w tension by crying (47% vs. 28% women with older children), and to press aggression by shouting or hitti (20% vs. 10% for mothers with older ch dren). Those with 13- to 17-year-olds ha the roughest time of all: Eight perce said that their marriage is very poor, co pared with three percent of those wom with younger children. Sixteen perce said that they have become much l compatible with their husbands sin their children became teens, but on seven percent of the women with you ger children feel they've become l compatible with their partners. Wom with children past the age of 17, howev said that once their children reached th age, they became *more* compatible wi their mates.

This stress on mothers of teen-age may be partly caused by living with, a perhaps reliving, their own anguished a olescence. But it may also be related the woman's age.

Overall satisfaction with *(continue*

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MARRIAGE TODAY

continued

marriage seems high among the women surveyed until the age of 35, when it drops significantly for most women, whether or not they have teen-agers in the home. After the age of 50, satisfaction with marriage rises again. This pattern, which has appeared in other surveys, could be due to a woman's mid-life crisis, or the "empty nest" syndrome that occurs when women in their 40s begin to reassess and reorder the priorities in their lives.

In general, although women said that their children are one of the great joys in their lives, they are aware that the children put a strain on their marriages—but feel motherhood is worth the sacrifice. These statistics dispel the already shaky notion that a child can save a failing marriage. Given the facts, it seems more likely that *the presence of a child will destroy a weak marriage rather than strengthen it*.

Sexual frustration is one of the most commonly reported unpleasant feelings in marriage, even for those women who enjoy frequent sex and feel sexy. Although 70 percent of the women surveyed have sex "once or twice" or "several times" a week, and five percent have sex almost every day, *one-third of the women report a "lack of interest or pleasure in sex."*

These findings seem to indicate that is not the quantity but the quality of that is less than satisfying. Those wom who reported that they have sex inf quently complained. Here's a typical sponse: "Making love only once or tw a month makes me feel like I've be gypped out of something. I feel like p cious times have been missed in youth, that sex can never be as fresh a spontaneous in my older years."

Another break with the past: M women have become strict egalitarians the subject of extramarital sex.

One woman in five has *(continu*

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WHO ANSWERED OUR QUESTIONNAIRE?

More than 30,000 women answere the Journal's survey on "Intimacy T day: Explore the Secret Strengths Your Marriage". Here is a breakdow of *who* they are:

How old are these women?

Median: 32.5 years old	
18-24 years old	18.9%
25-34 years old	46.6%
35-49 years old	26.4%
50-64 years old	7.8%
Over 65	0.3%

How many work outside the home? 58.5%

How many are married? 88.7%

Single:	8.2%
Widowed:	0.2%
Separated or divorced:	2.9%

How many have children? 73.9%

How religious are they?

Very religious	16.5%
Moderately	47.7%
Slightly	24.8%
Not at all	11.0%

Where do they stand politically?

Very liberal	3.9%
Somewhat liberal	21.7%
Moderate	46.1%
Somewhat conservative	22.4%
Very conservative	6.0%

What is their level of education?

College graduate	31.5%
Attended college	35.0%
High school graduate	27.6%
Attended high school	5.9%

What is their household income?

Median: $19,651	
Less than $5,000	0.8%
$5-$10,000	4.0%
$10-$15,000	10.8%
$15-$25,000	36.5%
Over $25,000	47.8%

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MARRIAGE TODAY

continued

had at least one affair, and one in four of these women has had two to five affairs. Only one in 20, however, said that infidelity is a major problem in her marriage. In other words, a woman's brief affair does not necessarily create conflict in a relationship—although we don't know how serious the extramarital relationships were or how many husbands were aware that they took place.

But 85 percent of the women continue to feel that they should not have sex outside of marriage. And in a striking departure from tradition, the same number of women are equally against their husbands having an occasional fling. Gone, apparently, is the double standard that indulged male "lust" and punished female "indiscretion."

Another break with tradition: Whatever their religion—and most of the women surveyed are moderately religious—65 *percent of the women said that they have grown to believe it is all right for a woman to have sex before she is married*. This indicates that women have taken an independent, or perhaps pragmatic stand on the question of sex, as they have in so many other issues that affect their lives.

Sex, children and, above all, money are putting a strain on today's marriages. Yet the women surveyed made it clear that they believe overwhelmingly in hearth and home.

Three out of four women answered with a resounding "Yes" when asked if they believe that marriage is more important than a career. But they no longer believe that women fall into two categories: those who want a home and babies and those who prefer money and power. And they no longer believe that a woman's work necessarily threatens domestic harmony. On the contrary:

- Three out of four women believe that women should take their rightful place in business and the professions.
- More than four out of five think women have the right to hold major political office.
- More than half favor the Equal Rights Amendment.

This obviously undermines the "career versus marriage" conflict that we have been told pits one "kind" of woman against another. And these women also dispel another stereotype: that of the Depressed Housewife, stuck in the suburbs, wishing she could be transformed, Cinderella-like, into a Glamorous Career Woman.

Housewives are just as happy on almost all counts as women with full-time jobs. Although almost half the women surveyed work full-time outside the home, paid employment has little impact on a woman's happiness—either within her marriage or with life in general. When we asked women how satisfied they are with 16 different aspects of their lives, for example, housewives and working women said they're equally content in about the same number of areas:

- 56 percent are satisfied with their work or primary activity.
- 39 percent are satisfied with their degree of recognition or success.
- 57 percent are satisfied with their lives as a whole.

And, when we asked them to list any current unpleasant feelings in their marriage, we found the same amount of dissatisfaction in both housewives and working women. One out of four said they felt "nervous and irritable" or "sexually frustrated and unsatisfied," one out of five said they felt "disillusioned about love and romance," "isolated and lonely" and "tied down, trapped."

The important factor, it seems, is not the kind of work a woman does, or if she receives a paycheck, but whether she is doing what she feels she wants to do. But there is one exception: the woman with the traditionally "feminine" personality. This woman, usually a housewife, says she feels trapped in her role as a wife and mother, and views her day-to-day activities as sheer drudgery. But those changing women who are housewives, and who feel that role is valuable and freely chosen, report that they feel just as fulfilled as other women. Yet the majority of these housewives may soon join the work force.

Of the housewives in our survey, 70 percent said they plan to work outside the home some day. This seems to show that women no longer feel that a job will hurt their marriage or children. Most of the women, however, do not aspire to, or hold, glamorous jobs.

About 60 percent of those who do work view their employment as a "job" rather than a full-blown career. We asked these "jobholders": "What is your primary reason for working?" and 52 percent of th told us that they simply need money help cover day-to-day expenses. Fourte percent work for personal fulfillment a 12 percent are saving for a large purcha

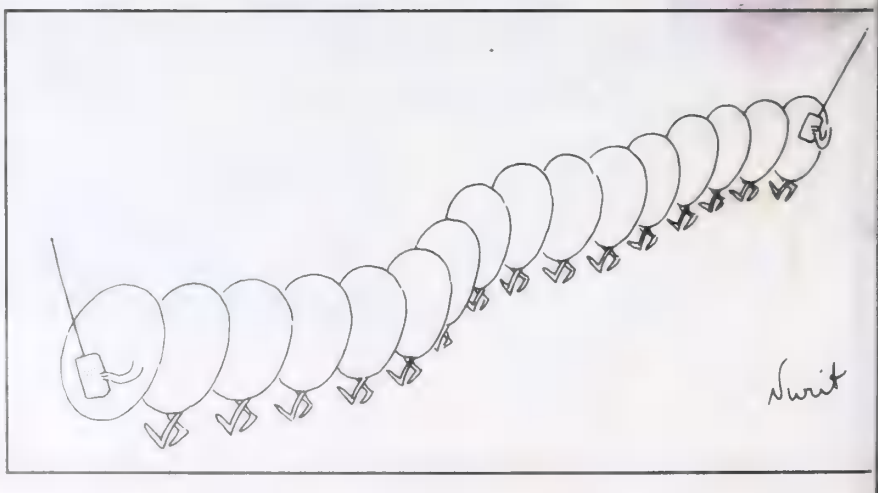
The other 40 percent of work women, however, do view their empl ment as a "career" and have very differ priorities: 50 percent of them work p marily for personal fulfillment; only percent work to cover day-to-day penses; and seven percent work prima to be "more independent"—a rea scarcely mentioned by the jobholders.

No matter what their reason for wo ing, they all agreed that women who w to work have the right to do so, with feeling guilty, and that women sho receive pay and promotions commens ate with their male colleagues. S women at all levels of employment e only 62 percent of what men earn for same work, and those women who h experienced this disparity in payche —as some of these women have— more likely to insist on some changes this area.

Working women want the best fr life, no matter how they choose to l which helps explain why women who traditional in many ways have beco feminists in others. They would like have, and sometimes do have, the bes both worlds. There is one work woman, however, who fares less well.

The part-time worker is more happy with almost every aspect of marriage and her life than either full-time worker or the housewife. though the differences are slight, they persistent and revealing.

The part-timer is less satisfied with personal growth, her physical attract ness, the way her partner's life is go and her financial situation, even if household income is about the same that of the full-time worker. She has less often, and has thought about divo more frequently. Part-timers are more likely than either housewives full-time workers to be troubled by g feelings, irritability, anger and l powers of concentration. *(continu*



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MARRIAGE TODAY

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Why is this so? The part-timer is more likely to be working at a job that does not give her much personal satisfaction and because part-time work is usually low-paying. Also, despite her part-time job, our figures show that she is still handling 92 percent of all the housework. In fact, we were astonished by the work load carried by the 30,000 women surveyed:

Three-fifths of the women (including part-timers) work outside the home but, on the average, 86 percent of these women also carry "all, or almost all" of the responsibility for cleaning, laundry and cooking! Women also handle more than 70 percent of the child care and grocery shopping. And 53 percent take care of finances and pay the bills.

What do men do around the house? You guessed it: 69 percent handle "all, or almost all" the car and home repairs; 45 percent take care of the yard work. This division of labor is the last, tenacious remains of tradition in lives that, in so many ways, have changed dramatically.

But the part-timer certainly suffers disproportionately. A woman who works full time may be able to afford to hire someone to help with the cleaning, and her husband is likely to be more helpful when there are dishes to be washed. But women who work part-time, we found, receive less sympathy and help.

The part-timer fares no better at work. She does not always feel that she "fits in," nor does she develop as strong a sense of camaraderie as those who are on the job all day, every day. It is also more difficult for her to feel that she has "completed" anything. She may start a project only to have it passed on to someone else to finish when she isn't there. And she can rarely devote an entire day to her family.

This sense of "completion," we found, is important to a woman's happiness. Sixty-nine percent of the women in our survey told us that once they undertake a task, they like to finish it. We found this same desire for completion when we compared each woman's education level with her overall "life satisfaction."

The women most satisfied with their lives are those who completed their education to the level at which they aspired. In other words, those who went after and won a diploma, whether it was high school or college, are more pleased with their lives than those who did not go as far as they would have liked in school.

Those who completed college have the highest level of life satisfaction (65%). Women who received a high school diploma are less satisfied with their live (56% are satisfied). The *least* satisfie women are those who did not graduat from high school (36% satisfied). Wome who left college before finishing are some what less satisfied with their lives than th women who were happy to receive a hig school diploma (54% vs. 56%).

This pattern suggests that women wh interrupt high school or college, perha to marry, or because of an unexpecte pregnancy, face more problems later o It may explain why so many women a returning to school. In fact, a number women complained that we didn't i clude a space for "student" in our que tion on occupation.

A woman's satisfaction with her li also depends a great deal on the type man in her life. The changing woman, f example, no longer lusts for, or choose an old-fashioned "macho" man for a par ner. Instead, she prefers men who a affectionate and emotional, as well strong—a significant break fro traditional romanticism. These changi women excel in all the standard measur for happiness:

- 82 percent of them said they fe "very" or "mostly" satisfied with the lives; only 46 percent of the tradition women feel that way.
- 84 percent of the changing wome feel responsible "for the way things tu





seven symptoms of stress each year, as compared with an average of three for the changing woman.

Also, the traditional woman often feels betrayed—and understandably so. After all, she is behaving as she was taught, so why isn't she getting what she wants? "My life is boring, boring, boring!" wrote one traditional woman from Stockton, Ca. "At twenty-four I married with the idea that we would buy a house, have children and live happily ever after. Eight years later I have a nice home, two beautiful sons, and I've never been unhappier. One word could describe my whole life right now: apathy."

In the classic "female" tradition, this unhappy woman said that she finds it difficult to make decisions, feels passive and non-competitive, often feels jealous of her husband and needs a lot of hugging and kissing—which she isn't getting.

Her husband, she said, rarely complains, is very self-confident and never gets rattled, no matter how great the pressure. But he is also unaffectionate, cool in his relationships with others and apparently not very aware of other people's feelings. Although she has thought of divorce, she has never discussed it with him, hoping things will improve.

Is this couple bringing out each other's worst qualities? Or is each person simply trying to hang onto those qualities they still believe are crucial for their sexual identity—regardless of the cost? Whatever the case, they seem to have reached an impasse: miserable with the status quo and yet afraid to change.

What kinds of couples, then, are most likely to make it together to blissful old age these days? Our survey shows that "traditional" couples are less happy and may be on their way to extinction. Women are, on the whole, avoiding macho men and seeking, instead, a man who can be vulnerable and sensitive, too. And men are probably avoiding needy women and are attracted instead to one who can stand up for herself, even with him.

out"; only 70 percent of the traditionalists feel the same way.

- 78 percent believe that she and her partner love each other equally; only 54 percent of the traditional women believe that to be true—she usually feels she loves more!
- 98 percent feel that they have control over the important events in their lives; only 82 percent of the traditionalists feel that they do.

The changing woman is also more content with her friends, the degree to which she makes a contribution to her community, and the way she balances her time between work, family and leisure activities. She is also more optimistic about the future: 95 percent expect to be "happy" or "mostly happy" in future years; only 73 percent of the traditional women are as hopeful.

The traditional woman is under much more stress than the changing woman. Of those women who reported stress symptoms, the traditional woman is three to five times more likely to "feel worthless" (32% vs. 9%); "shy or self-conscious" (25% vs. 6%); and to feel that she "just can't go on" (21% vs. 5%). And she is more likely to say that she:

- tires easily (one out of two traditional women, compared with two out of five changing women).
- feels sad or depressed (one out of two, compared with one out of four changing women).
- feels fat (one out of two, compared with two out of five changing women).
- feels worthless (one out of three, compared with one out of ten).

The traditional woman is also more likely to suffer from headaches, insomnia, guilt and irrational fears than other women, and more frequently feels unloved and isolated. Financial matters are more likely to bother her (31% vs. 22%), as are disagreements with her husband over such subjects as politics, religion and personal habits (33% vs. 30%).

Overall, the traditional woman reported having had



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continued

Social scientists have developed a word for these men and women; they call them "androgynous," which does not mean they are asexual but rather that they can comfortably slip out of traditional roles and just be themselves. Men can cry and feel dependent; women can be decisive and feel strong—and both can be sexy at the same time.

These changing women are leading lives they were not brought up to expect—or even want—for themselves. They are laying their own ground rules. Most of their mothers were less educated than they, did not work outside the home and believed that the greatest reward in a woman's life is to find a man. But changing women also report that their mothers gave them one very powerful message that has helped them cope with these new times: More than two-thirds of the changing women told us that their mothers were warm and supportive, allowed them room to be themselves and loved them no matter what they did.

And, of course, the kind of man a woman chooses also helps, or hinders, her ability to change. When we analyzed our measures of happiness and well-being, we found that the couples who fare worst of all—even worse than traditional couples—are the changing women married to wishy-washy men. These men (there are wishy-washy women, too) have little self-confidence, little self-reliance, limited gentleness, warmth and, in fact, few positive qualities. They seem to think of themselves only in terms of what they're *not*.

A marriage to a person who is so self-negating is made in desperation, not in heaven. Two-thirds of the women married to this kind of man feel less than satisfied with their marriages, only about two out of five are satisfied with their sex lives and nearly three out of four have seriously considered divorce. Their relationships are, in short, disasters.

On the other hand, if a woman is married to a supportive man who is not frightened by change—in her or in himself—both are able to handle problems better. Happily, most changing women are with these kinds of men. The result, they say, is that they have become much more self-confident since getting married, that they and their partners have become more compatible and that they find it easier, as the years go by, to express their feelings. Some of this increased self-confidence comes, of course, with age. But our survey shows that this kind of marriage is, by itself, responsible for a degree of personal growth that would not have occurred inevitably with age.

In this light, it is revealing to see that the reason a woman married a man is not the same reason she stays married to him. Almost every woman would reconsider the priorities she once had when she chose her mate.

Although many women chose their partners based on sex appeal, if they had to do it again they said the ability to communicate is much more important. When we asked: What qualities attracted you to your mate? the women responded



sexual attraction (50%), physical appearance (36%), personality (67%). The ability to communicate was a low priority; only 41% said it was important. But, if they were seeking a mate today, the importance of sex appeal plummets (sexual attraction drops to 34% and physical appearance to only 18%) while the ability to communicate shoots to the top of the list (to 69%).

Our survey shows that women who are passive and dependent become even more passive and dependent if they're with unsympathetic, uncommunicative men. There is no doubt that women need support from their men. While the women's movement and the sexual revolution have affected them when it comes to equality in jobs, politics and sexual behavior, they have not shaken traditional values regarding love and marriage. They do not want to be alone. And they do not want the price of change to be too high. Women want to get married—and they want children.

Fifty-three percent of the women surveyed said they would feel "incomplete as a woman" if they did not have a child. In a revealing sidelight, it's interesting to note that most women still have one worry that hasn't been alleviated at all by the changing times, no matter how liberated a woman says she is.

A woman's number one worry, no matter how happy and fulfilled she might feel, is that she is too fat. Fifty-one percent of the women have worried about gaining weight in the last year. The message women still believe avidly is that it's best to look like a model—that she should look as if she just returned from a Caribbean vacation, with a tan but wrinkle-free face, wearing a size six sundress.

Women are most dissatisfied with their lack of exercise (43% are "mostly" to "very" dissatisfied). At the same time, two out of three say they are satisfied with their general health. Apparently, they want the exercise for cosmetic reasons and to control their weight. It seems that women still have very stereotypical images of how their bodies should look.

All women today are grappling with conflicts and ambivalence. They have retained important values and beliefs, yet at the same time they are considering new ideas, new options and are under new kinds of strains. As old roles have broken down, all women, even the most traditional, have learned to improvise. With the uncertainty that freedom brings, they are adapting as best they can. As a result, they are altering marriage—probably forever.



No matter where they fall on the scale of traditional and changing women, all have their share of doubts and hesitations. One half of them, for example, say they like to be challenged by a difficult task (and what is more difficult than changing your lifestyle?) but more than one out of three still feel bothered by competition—they are afraid to win. Two out of three indicate that they try to be assertive, but almost half report they still have trouble saying "no" to an unreasonable request. They see a need to change—but do not want to go it alone. While forging ahead, they want a hand to hold, a shoulder for solace, a man who will listen and try to understand. And this, after all, is the greatest kind of love. **End**

Our questionnaire was designed and the results analyzed by Dr. Phillip Shaver and Debra Olds of New York University's Psychology Department; and Dr. Cathy Pullis, J. Walter Thompson Co., research analyst. Terri Schultz is an Assistant Professor of Journalism at N.Y.U.



CROCHET TOPPINGS

continued from page 93

All crochet is made with Coats & Clark's Red Heart Luster Sheen 100% Creslan® Acrylic Knit & Crochet Yarn, 2 oz skeins. NOTE: Luster Sheen cannot be pressed.

CHILD'S DRESS WITH CROCHETED COLLAR

MATERIALS: 2 skeins Luster Sheen in #122 Light Lilac; crochet hook size F, sundress pattern, 2 yds ¼" satin ribbon, ¾ yd faggoting, ⅝" wide.

DRESS

Use any sundress pattern and omit shoulder straps (shown in size 4). Follow pattern instructions for sundress. Turn neckline edge ⅝" to RIGHT side. Pin. Measure front and back. Cut faggoting to these lengths plus ⅝" seam allowances. Turn under seam allowance and pin faggoting over turned neckline covering raw edges. Machine stitch on both edges of faggoting.

Joining: Mark centers on front and back of dress and collar. Pin center front of collar (see below) to right side of dress over faggoting so that top eyelet row of collar matches faggoting. Repeat for back. Lace ribbon through eyelet and faggoting together beginning at center front, through eyelet alone for shoulder, through faggoting and eyelet together for back, eyelet alone for shoulder and front. Pull ribbon to gather to fit.

COLLAR

Length: Approx 40"

Picot: p = ch 3, sl st in first ch

Rnd 1: Ch 275, join to form ring. Ch 3 (counts as 1 dc), 1 dc in next 2 chs, * ch 2, skip 2 chs, 1 dc in next 3 chs. Rep from * around. Join with sl st in top of ch 3. **Rnd 2:** Sl st in next 2 dc, sl st in ch-2 sp, ch 3, 2 dc in same sp, *[ch 2, 3 dc in next ch-2 sp] 3 times. Ch 4, skip next dc group, 1 dc in ch-2 sp, ch 4, skip next dc group, 3 dc in next ch-2 sp. Rep from * around. Join with sl st in top of ch 3. **Rnd 3:** Sl st across dc group to ch-2 sp, ch 3, 2 dc in same sp, * [ch 2, 3 dc in next ch-2 sp] twice. Ch 5, skip next dc group, tr in next dc, ch 6, tr in same dc, ch 5, skip next dc group, 3 dc in next ch-2 sp. Rep from * around. Join with sl st to top of ch 3. **Rnd 4:** Sl st across dc group, sl st in ch-2 sp, ch 3, 2 dc in same sp. * Ch 2, 3 dc in next ch-2 sp, ch 4, 11 tr in ch-6 sp, 3 dc in next ch-2 sp. Rep from * around. Join with sl st in top of ch 3. **Rnd 5:** Sl st across dc group to ch-2 sp, ch 3, 2 dc in same sp, * [ch 6, 1 dc in first tr, ch 2, skip 1 tr, 1 dc in next tr] 6 times. Ch 6, 3 dc in next ch-2 sp. Rep from * around. Join with sl st to top of ch 3. **Rnd 6:** Sl st in center dc, ch 8, * 1 sc in ch 6-loop, ch 5, [1 sc in next dc, ch 5] 7 times. 1 sc in ch-6 loop, ch 5, 1 dc in center dc of dc group, ch 5. Rep from * around. Join with sl st to top of ch 3. **Rnd 7:** * Ch 6, skip first ch-5 loop, sc in next ch-5 loop, [ch 7, p in 4th ch, ch 3, sc in center of next ch-5] 7 times. Ch 6, sc in top of next dc. Rep from * around. Sl st in top of ch 6. Fasten off. At neck edge, join yarn, work around in sc having a p in the center dc of each dc group. Fasten off.

MOTHER'S DRESS WITH FILET TOP AND COLLAR

MATERIALS: 5 skeins Luster Sheen in #805 Natural; crochet hook size F; 2 yds 36" fabric for skirt, 5 yds ¼" pale green satin ribbon; 2 yds faggoting ⅝" wide; 1 yd round elastic.

SIZE: Small (size 10)

GAUGE: 5 sts = 1", 2 rows = ¾"

BODICE

FRONT: **Row 1:** Ch 74, 1 dc in 6th ch from hook, * ch 1, skip 1 ch, 1 dc in next ch. Rep from * across (35 sps) for casing. Ch 3, turn. **Row 2:** (Ch 3 counts as first dc) 1 dc in ch-1 sp, 1 dc in next dc, * [ch 1, 1 dc in next dc] 3 times, [1 dc in ch-1 sp, 1 dc in next dc] 7 times. Rep from * twice. [ch 1, 1 dc in next dc] 3 times, [ch 1, 1 dc in next dc 3 times] 1 dc in sp, 1 dc in 4th ch of beg ch, ch 3, turn. **Row 3:** Work in pattern as established in Row 2 having spaces above spaces and dc above dc. Inc 1 dc at beg and end of row. **Row 4:** Work even in patter Rep Rows 3 & 4 until there are 10 inc and a tot of 21 rows. **Row 22:** Right side: Sl st across first sts and 3 sps, ch 3. Work in pattern to beg of la 3 sps. Leave rem sts unworked, ch 3, turn. **Ro 23:** Work even. Fasten off.

BACK: Work as for Front until 9 inc have be completed. **Row 20:** Sl st across 11 dc and 3 s work across in pattern to last 3 sps, ch 3, tu Work 4 rows even. Fasten off.

COLLAR: Ch 414 or any multiple of 3 sts plus for desired size. Work as for child's collar. At ne work sc and p row over round elastic. Pull to fi

Length: Approx 60"

To Finish Bodice: Sew side seams. Work 1 row across tops and armholes. Center collar on bodi Sew together. Cut 2½ yds ribbon; lace throu eyelets. Pull ribbon to gather and fit.

SKIRT

Cut 2 equal lengths of fabric to desired finish length plus amount for hem and ⅝" for top tu over. Sew side seams, leaving slit if desired. Tu up hem. Turn top ⅝" to wrong side. Cut faggoti to waistband measure and pin to inside coveri raw edge of turn over. Machine stitch both ed of faggoting. Position eyelet row of bodice o faggoting on inside of skirt, side seams matchi (skirt will be larger). Lace remaining ribb through bodice eyelet and skirt faggoting to j evenly. Pull ribbon to gather and fit.

CHILD'S CAMISOLE

MATERIALS: 1 skein Luster Sheen #242 Bri Rose; crochet hooks size D and F; ¾ yd 36" fab for skirt; 2 yds satin ribbon, 1 yd faggoting, wide.

SIZE: Size 4

GAUGE: 5 dc = 1", 2 rows = ¾"

BODICE

Front: *Eyelet Rib Border:* **Row 1:** With D hook, 5. Sc in 2nd ch from hook, ea rem ch, ch 1, tu **Row 2:** Work in back lps. 1 Sc in first sc, ch 2, s 2 chs, 1 sc in last sc, ch 1, turn. **Row 3:** Work back lps. 1 Sc in first sc and next 2 chs, 1 sc in l sc, ch 1, turn. Rep Rows 2 & 3 until there i total of 55 rows. Do not turn. Change to F ho ch 3 (counts as 1 dc).

Flower St: In 1 st, *[yo, draw up a loop, **yo, d through a loop. Repeat from ** twice, ch 1]. I from * twice, omitting last ch 1.

FRONT: Row 1: Work 54 dc across length of (with ch 3 counts as 55 dc), ch 3, turn. **Row** Right side: 1 dc in first 9 dc, * [skip 2 dc, flowe next dc] 3 times. Skip next 2 dc, 1 dc in next 11 Rep from * twice. End with 9 dc, ch 1, turn. **3:** *Armhole:* Sl st in first 7 dc, ch 3 (counts as * 1 dc in ea dc, 5 dc in flower st. Rep from * ac leaving last 6 dc unworked, ch 3, turn. **Row 4:** in ea dc across, ch 3, turn. **Row 5:** Rep Row **Row 6:** 1 Dc in first 11 dc [skip 2 dc, flower st next dc, skip 2 dc, 1 dc in next 11 dc] twice, ch turn. **Row 7:** 1 Dc in ea dc, 5 dc in flower st acr ch 3, turn. **Row 8:** 1 Dc in ea dc across, ch 3, tu **Row 9:** Right shoulder: 1 Dc in first 14 dc, ch turn. **Row 10:** 1 Dc in first 6 dc, skip 2 dc, flowe in next dc, skip 2 dc, 1 dc in last 3 dc, ch 3, tu **Row 11:** 1 Dc in first 12 dc, dec 1 dc for neck, ch xxrn. **Row 12:** 1 Dc in ea dc, ch 3, turn. **Row 1** Dc in first 11 dc, dec 1 dc for neck, ch 3, turn. **14:** 1 Dc in ea dc, ch 1, turn. **Row 15:** Sl st in fir dc, 1 sc in next dc, 1 hdc in next dc, 1 dc in la dc. Fasten off. For left shoulder, attach yarn 14th stitch from edge and work as for right sh der, reversing shaping. *(continu*

CROCHET INSTRUCTIONS

For leaflet, including sized instru tions, for all crochet tops, plus hat an bag shown on pages 92 and 93, sen 75¢ in coin to:

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CROCHET TOPPINGS

continued

BACK: Work same as for front.
To finish Sew shoulder and side seams. Work 1 row sc around armholes and neck.
SKIRT
Follow direction for Mother's skirt on page 156. Finished length shown is 21"; finished width approx 32".

MOTHER'S HALTER TOP DRESS

MATERIALS: Luster Sheen, 4 skeins #650 Jade; crochet hooks D & E, 2 yds 36" width for skirt; 2 yds satin ribbon, 2 yds faggoting, 5/8" wide.
SIZE: Small (size 10)
GAUGE: 5 Sts = 1", 3 rows = 1"
BODICE
Front: With D hook, follow directions for child's camisole top and work eyelet rib casing for a total of 61 rows. Do not turn, ch 3 (counts as 1 dc). Work in pattern and, at the same time, inc 1 dc at beg and end of every other row to 75 sts. **Row 1:** With E hook, work across length of rib for 60 dc (with ch 3, counts as 61 dc), ch 3, turn. **Row 2:** Right side: 13 dc [pattern: skip 2 dc, flower st in next dc, skip 2 dc, 11 dc], ch 3, turn. **Row 3:** Dc in ea dc, 5 dc in flower st, ch 3, turn. **Rows 4 & 5:** Dc in ea dc, ch 3, turn. Rows 2 through 5 are repeated for pattern 4 times. To stagger flowers, beg **Row 6:** 7 dc then [pattern across]. **Row 10:** 17 dc then [pattern across]. **Row 14:** 11 dc then [pattern across]. **Row 18:** 3 dc then [pattern across]. End rows with dc to end, ch 3, turn. End front with Row 18. **Row 19:** *Halter shaping:* 35 dc in pattern, ch 3, turn. **Row 20:** dc in ea dc, ch 1, turn. **Row 21,** *Armhole:* Sl st across first 14 dc, ch 3, dc in next 19 dc, dec 1 dc at edge, ch 3, turn. **Row 22:** Dec 1 dc at edge, skip 2 dc, flower st in next dc, skip 2 dc, dc to end, dec 1 dc at armhole every other row. **Row 23:** Dc in ea dc, dec 1 dc at neck edge. Ch 3, turn. Cont to dec 1 dc at neck every other row. **Rows 24 & 25:** Dc in ea dc, ch 3, turn. **Row 26:** 7 dc, skip 2 dc, flower st in next st, skip 2 dc, dc to end, ch 3, turn. Cont dec to 3 dc. Work even on 3 dc for 10 rows. **Last Row:** 1 dc, 1 hdc, 1 sc. Fasten off. *Left halter shaping:* Skip center flower motif of 5 sts. Join yarn, work left front to correspond to right front.
Back: Work as for Front until a total of 71 sts. Work even to 20 rows above rib casing. Fasten off.
To finish: Sew side seams. Sew halter strap at neck back. For neck band, ch 5. Sc in 2nd ch from hook and each across, ch 1, turn. **Next row and all following rows:** Sc in back loop across, ch 1, turn. Work to have length that, when slightly stretched, will fit around neck edge. Sew to neck edge and center flower sts. Rep for back and armhole edge of halter.
SKIRT
Follow directions for woman's skirt, page 156.

GREEK

continued from page 106

GREEK GOURMET DINNER PARTY
(serves 8)
DOLMADAKIA (STUFFED GRAPE LEAVES)
SPANAKOPETA (SPINACH-CHEESE FILO)
TARAMOSALATA (CAVIAR DIP)
FETA CHEESE GREEK RIPE OLIVES
OUZO (APERITIF)
OUZO SHRIMP WHITE WINE
ROLLED LEG OF LAMB WITH WALNUT STUFFING
RICE PILAF MEATLESS MOUSSAKA
RED WINE
GREEK SALAD
GALATOBOUREKO KOULOURAKIA
(CUSTARD PASTRY) (GREEK COOKIES)
COFFEE

FOOD CHECKLIST

First Cook-Hostess (Rolled Leg of Lamb with Walnut Stuffing, Rice Pilaf, Coffee, Wines)

- 6 pound lamb leg, boned and ready for stuffing
- 2 cups (8 oz. can) shelled walnuts
- 1 bunch parsley
- 4 cups chicken broth
- Coffee (or espresso)
- 2 bottles white and 2 bottles red wine (preferably Greek)
- Dried mint

Staples to have on hand:

- Butter or margarine
- Salad oil
- Onions
- 7 garlic cloves
- 4 slices white bread
- 4 eggs
- Salt and pepper
- Oregano
- Sugar
- 2 cups long-grain rice

Second Cook (Spanakopeta, Galatobourekо, Koulourakia)

- 1 package (1 lb.) filo dough
- 1 pound butter
- 1 bag (10 oz.) fresh spinach or 1 pkg. (10 oz.) frozen chopped spinach
- ½ cup ricotta cheese
- 2 ounces feta cheese
- 36 whole cloves
- ⅔ cup quick cream of wheat
- Brandy (3 Tbs.)
- 1 lemon

Staples to have on hand:

- 1 onion
- 10 eggs
- Salt
- Sugar
- Vanilla extract
- All-purpose flour
- Pepper
- Nutmeg
- Dried unflavored bread crumbs
- Baking powder
- Confectioners' sugar
- 1 quart milk

Third Cook (Dolmadakia, Ouzo Shrimp, Feta Cheese, Greek Olives, Ouzo)

- 1 bunch parsley
- 1 bunch fresh dill or dried dill weed
- ¼ cup currants
- ½ cup olive oil
- 2 tablespoons pine nuts
- 3 lemons
- 1 jar (16 oz.) grape-vine leaves
- 1½ pounds medium shrimp
- 2 bunches green onions
- 3 cans (16 oz. each) whole tomatoes
- 1 bottle Ouzo
- ¼ pound feta cheese
- 1 pound Greek ripe olives

Staples to have on hand:

- ½ cup long-grain rice
- Onions
- Salt
- 6 garlic cloves
- Oregano
- Pepper
- Sugar
- Butter or margarine

Fourth Cook (Taramosalata, Meatless Moussaka, Greek Salad)

- 1 jar (4 oz.) red salmon caviar
- 1¼ cups olive oil
- 1 lemon
- 1 package (¾ lb.) pita bread
- 2 eggplant (about 1¼ lb. each)
- ½ lb. mushrooms
- 1 can (16 oz.) whole tomatoes
- ⅔ cup grated Parmesan cheese
- ⅓ cup red wine vinegar
- 1 large head romaine lettuce
- 1 bunch radishes
- 2 tomatoes
- 1 cucumber
- 1 green pepper
- 1 red onion
- ¼ pound feta cheese
- ⅓ pound Greek ripe olives
- 1 can (2 oz.) anchovy fillets

Staples to have on hand:

- Salad oil
- 2 onions
- Salt and pepper
- Cinnamon
- Nutmeg
- Butter or margarine
- All-purpose flour
- Milk
- 8 slices white bread
- Garlic clove
- Oregano
- 2 eggs

SCHEDULE FOR GREEK GOURMET PARTY

ALL COOKS
One month before:
1. Plan menu.
2. Assign food preparation.
One week before:
1. Purchase non-perishable ingredients.
2. Select serving dishes.
FIRST COOK
One week before:
Order lamb from butcher.
Two days before:
1. Purchase all perishable ingredients.
2. Prepare stuffing, cover and refrigerate.
Day before:
1. Set table.
2. Stuff and tie lamb, refrigerate.
3. Set up bar.
Ninety minutes before guests arrive:
1. Start roasting lamb.
2. Prepare rice pilaf.
3. Prepare coffee, but do not brew.
SECOND COOK
Up to two weeks in advance:
1. Purchase ingredients for spinach roll and cookies.
2. Make and bake cookies and spinach roll, wrap both well and freeze. *continued*

Journal Shopping Center

FASHION: DRESSING UP FOR A GOOD CAUSE

PAGES 100–101, from left:
JACK FULLER polyester cotton chemise: At Saks Fifth Avenue, N.Y.C.; Jordan Marsh, Boston; Garfinckel's, Washington D.C.; Burdine's, Miami; Marshall Field & Co., Chicago; Bullock's Westwood & Sherman Oaks, Calif.; Maas Bros., Tampa; Maier, New Orleans; Baton Rouge & Memphis. *Accessories:* KJL earrings & Delman shoes.
KAY UNGER for JOAN LESLIE ruffled cotton slipdress: At Saks Fifth Avenue, N.Y.C.; Hutzler's, Baltimore; Mullins, Cincinnati; Jacobson's, Mich.; Rich's, Atlanta; Montaldo's, all stores. *Accessories:* KJL pearl bracelet; Delman shoes.
KAY UNGER for ST. GILLIAN jersey halter top and cotton ox skirt: At Saks Fifth Avenue, N.Y.C.; Jordan Marsh, Boston; The Carriage Shop, Dallas; I. Magnin, San Francisco. *Accessories:* KJL earrings; Thom McAn Sandals.
[illegible] cotton dress: [illegible] N.Y.C.; Garfinckel's, Washington; [illegible] Annie Barbara, Beverly Hills. *Accessories:* LORD BOUTIQUE cotton dotted [illegible] dress at Garfinckel's, Washington; [illegible] information contact: Debbie Lazansky, [illegible] Avenue, 580 Seventh Ave., N.Y. [illegible] Lisa Graham bracelets. Gold [illegible]
[illegible] FOR PAT FINNANE cotton [illegible] top and circle skirt at Henri [illegible], Pittsburgh; Chuck Jones & Jack [illegible] & Bal Harbour; Sera, Oklahoma City; Leonard, Houston. *Accessories:* Catherine Stein shell necklace; Delman shoes.
INSERT, from left:
KAY UNGER FOR ST. GILLIAN polyester georgette shirtdress trimmed with lace; comes with own belt. Available at Lord & Taylor, N.Y.C.; John Wanamaker, Philadelphia; Garfinckel's, Washington, D.C.; Hall's Plaza & Crown Center, Kansas City, Mo.; Foley's, Houston; I. Magnin, Accessories, Thom McAn shoes.
RICHARD ASSATLY'S ADDITIONS polyester georgette double breasted blouse and gathered skirt at Saks Fifth Ave., N.Y.C.; Chuck Jones & Jack Parker, Palm Beach & Bal Harbour; Shillito's, Cincinnati; Jean Lee, Ardmore, Oklahoma; Gus Mayer, New Orleans; Joseph Magnin, San Francisco. *Accessories:* KJL earrings; Delman shoes.
KAY UNGER FOR ST. GILLIAN polyester georgette dress with square neck and satin ribbon belt at Bergdorf Goodman, N.Y.C.; Neiman Marcus, all stores; I. Magnin. *Accessories:* Delman shoes.
KAY UNGER FOR ST. GILLIAN polyester georgette dress with tucked bodice, flare skirt and ribbon belt at Bloomingdale's, N.Y.C.; Burdine's, Miami; Dayton's, Minneapolis; The Carriage Shop, Dallas; J.W. Robinson, L.A. *Accessories:* KJL earrings; Carrano shoes.
ITALIANI II polyester georgette dress has inserts of faggoting and self-slip at Lord & Taylor, N.Y.C.; Marshall Field & Co., Chicago; Sakowitz, Houston; The Broadway, West Coast. *Accessories:* Delman shoes.

All prices approximate.

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PREMIUM SUNNY ISLAND SALAD

1 Tbsp. lemon juice
1 large banana, sliced
2 cups, 1 in. cubes cooked chicken (about 10 to 12 oz.)
1 (20 oz.) can pineapple chunks, drained or
1 small pineapple, cut into 1 in. pieces
1 pt. fresh strawberries, stems removed and halved
Lettuce leaves
2 Tbsp. toasted sesame seeds
1/2 cup bottled spicy, sweet French dressing
PREMIUM Saltine Crackers

In a large bowl, sprinkle lemon juice over banana. Add chicken, pineapple and strawberries; toss to mix. Place lettuce leaves on individual serving plates; top with salad; sprinkle with sesame seeds. Serve with dressing and PREMIUM Saltine Crackers. Makes 4 main-dish servings, pictured above is a single serving.

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GREEK

continued

3. Wrap remaining filo dough and freeze for use in custard pastry.

Morning of the party:

1. Prepare custard pastry. Bake and cool; cover and leave at room temperature.
2. Remove cookies from freezer to thaw.

THIRD COOK

Two days before:

1. Purchase perishable ingredients except shrimp.
2. Prepare grape leaves; cover, refrigerate.

One day before:

1. Purchase shrimp.
2. Prepare tomato sauce for shrimp; cover and refrigerate.

Morning of party:

1. Cook shrimp; wrap and refrigerate.
2. Cut feta cheese into cubes; reserve ¼ lb. for shrimp dish.
3. Arrange grape leaves, feta cubes and olives on serving dish. Cover and chill.

FOURTH COOK

Two days before party:

Purchase perishable ingredients.

One day before party:

1. Prepare caviar dip; cover and refrigerate.
2. Toast pita bread.
3. Prepare and bake moussaka. Keep in mold; cover and refrigerate.
4. Wash and dry salad greens. Place in plastic bags; refrigerate.
5. Prepare salad dressing.

Afternoon of party:

Prepare vegetables for salad. Place in plastic bags; refrigerate.

Before leaving for party:

1. Remove eggplant from refrigerator; let stand at room temperature still in mold.
2. Assemble salad in large bowl; cover with damp paper towel.

At Party—When Guests (and Cooks) Arrive:

FIRST COOK

If only one oven is available, remove lamb from oven, leave in pan, cover loosely with foil.

SECOND COOK

Heat spinach rolls in 400°F. oven for 10 to 15 minutes; slice and serve.

THIRD COOK

Serve grape leaves, feta and olives and ouzo.

FOURTH COOK

1. Reheat moussaka according to recipe.
2. Serve caviar dip.

Half hour before dinner:

FIRST COOK

1. Return lamb, uncovered, to 350°F. oven.
2. Reheat pilaf.

THIRD COOK

Heat shrimp over low heat.

After appetizers and cocktails:

THIRD COOK

Sprinkle shrimp with cheese and serve.

After first course:

FIRST COOK

Arrange lamb on platter; serve with rice.

FOURTH COOK

Unmold eggplant; serve.

After main course:

Toss salad; serve.

After Salad Course:

FIRST COOK

Serve coffee.

SECOND COOK

Serve custard pastry and butter cookies.

All pictured on pages 106–107

DOLMADAKIA
(Stuffed Grape Leaves)

These are fabulous—absolutely addictive. Try to track down fresh dill—it's better.

Water
½ cup long-grain rice, uncooked
1½ cups chopped onions
¼ cup chopped parsley
¼ cup chopped fresh dill or 2 teaspoons dill weed
¼ cup currants
2 tablespoons pine nuts
¼ cup olive oil
1 tablespoon lemon juice
¼ teaspoon salt
1 jar (16 oz.) grapevine leaves, drained

In saucepan heat 1 cup water to boiling; add rice. Return to boiling and cover; reduce heat. Simmer 10 minutes; drain. In medium bowl combine rice, onions, parsley, dill, currants, pine nuts, oil, lemon juice and salt until well mixed; set aside.

To assemble: Remove leaves from jar and unroll; rinse in warm water and drain. Cut off stems. Place leaves underside up, with stem ends toward you. Spoon a heaping teaspoonful of filling near the stem end of each. Fold lower edge of leaf over filling to cover. Fold in sides and roll up from stem end. (Don't panic if you tear leaves; reserve them with the small leaves to line the pan for cooking.)

To cook: Line the bottom of a Dutch oven with reserved leaves (keeps the stuffed leaves from sticking). Arrange stuffed leaves seam-side down in 1 or 2 layers, depending on the size of the pan. Pour ¾ cup water over rolls and place a plate, large enough to cover, directly on leaves. Heat water to boiling; cover and reduce heat. Simmer about 45 to 50 minutes. Refrigerate, still in pan, until cool, about 3 to 4 hours. This will help retain their compact shape. *(Can be made ahead to this point. After they have cooled, remove from Dutch oven to a plastic container. Cover; refrigerate up to 2 days.)*

To serve, arrange on large platter with feta cheese and Greek ripe olives. Makes about 36, about 35 calories each.

SPANAKOPETA
(Spinach Cheese Filo)

Instead of the more familiar triangular pastries, we rolled this classic Greek appetizer up jelly-roll fashion. It's easier to serve as finger food.

½ cup butter
¼ cup chopped onion
1 bag (10 oz.) fresh spinach, rinsed, drained and chopped or 1 package (10 oz.) frozen chopped spinach, thawed and drained
½ cup ricotta cheese
½ cup (2 oz.) feta cheese, crumbled
1 egg, slightly beaten
⅛ to ¼ teaspoon salt
⅛ teaspoon nutmeg
⅛ teaspoon pepper
4 sheets filo dough
¼ cup dried unflavored bread crumbs

In a medium skillet over medium heat, melt 1 tablespoon butter. Add onion and cook 5 minutes. Add spinach and cook, stirring constantly, for 2 to 3 minutes or until moisture has evaporated. Remove from heat; stir in cheeses, egg and seasonings; set aside.

Preheat oven to 375°F. Grease a cookie sheet; set aside. Melt *(continued)*



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THE STYLING SALON AT JCPenney

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GREEK

continued

remaining butter. Place one filo sheet lengthwise on waxed paper or clean dish towel. Brush filo lightly with butter and sprinkle with 1 tablespoon crumbs. Place another filo on top, brush with butter and sprinkle again with crumbs. Spread half the filling (about ¾ cup) along lengthwise edge of filo. With both hands lift waxed paper and roll from lengthwise edge, jelly-roll fashion. Place seam-side down onto cookie sheet; press each end to seal. Brush top with butter. Cut gashes in top of roll with a sharp knife at 1-inch intervals. Make second roll with remaining ingredients. Bake for 20 minutes or until golden brown. *(Can be made ahead to this point. Cool. Wrap in foil and freeze up to 1 month. To serve, unwrap and heat in a 400°F. oven for 12 to 15 minutes.)* While warm cut into 1-inch slices, using gashes as a guide. Makes 30 appetizers, about 45 calories each.

TARAMOSALATA (Caviar Dip)

This makes an elegant dip for vegetables as well—not that you're likely to have any leftover.

1 jar (4 oz.) red salmon caviar
1 to 1½ tablespoons grated onion
4 slices white bread, trimmed
1 cup good quality olive oil
1 to 3 tablespoons water
2 tablespoons fresh lemon juice
One package (¾ lb.) pita bread

In food processor work bowl with steel blade attached or small bowl of electric mixer, combine caviar and onion and process or mix just until blended, about 30 to 60 seconds. Break white bread into small pieces; add to caviar mixture, process or mix to combine. With processor or mixer running, slowly add oil. Continue processing or mixing until mixture is a paste of medium consistency. If mixture is too thick, add 1 to 3 tablespoons warm water to desired consistency. Add lemon juice. Chill. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)* Serve as a dip with toasted pita bread. Makes 2 cups, about 85 calories per tablespoon without toast.

To toast pita bread: Cut each pita into 6 wedges. Separate and cut each wedge into two pieces. Arrange, crust side down, on ungreased cookie sheet. Broil 3 to 5 minutes or until golden. *(Can be made ahead to this point. Place in plastic bag and store up to 2 days.)*

OUZO SHRIMP

Seasoned with a spicy tomato sauce, feta cheese and ouzo, this shrimp dish can serve as a delightful entrée as well as a first course.

¼ cup olive oil
1½ cups chopped green onions (about 1½ bunches)
6 garlic cloves, crushed
3 cans (16 oz. each) whole tomatoes, drained and chopped
⅔ cup chopped parsley
2 teaspoons oregano
¼ to ½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon sugar
1½ pounds medium shrimp, shelled and deveined
2 tablespoons fresh lemon juice
⅓ cup ouzo
¼ pound feta cheese

Heat oil in large saucepan over medium-high heat. Add onions and garlic and sauté for 5 minutes, stirring occasionally. Stir in tomatoes, parsley, oregano, salt, pepper and sugar. Simmer, uncovered, over low heat for 30 minutes, stirring occasionally. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)*

In a large bowl combine shrimp and lemon juice and toss until well coated; set aside. In a medium saucepan heat 2 quarts water to boiling. Drain shrimp and drop into boiling water. Return water to boil (shrimp should be turning pink); drain shrimp. Place shrimp in a bowl and pour ouzo over them. *(Can be prepared ahead to this point. Cover and refrigerate up to 12 hours.)*

In large skillet heat tomato sauce. Add cooked shrimp and ouzo; continue cooking just until shrimp is heated through. Sprinkle with cheese and serve in individual dishes or ramekins. Makes 8 servings, about 260 calories each.

ROLLED LEG OF LAMB WITH WALNUT STUFFING

A walnut-mint stuffing makes this lamb dish special.

Stuffing
2 cups shelled walnuts
¼ cup butter or margarine
2 cups chopped onions
6 garlic cloves, crushed
2 cups fresh bread crumbs (4 slices bread)
½ cup chopped parsley
4 eggs, slightly beaten
¾ teaspoon dried mint leaves or 1½ teaspoons fresh
¾ teaspoon salt
½ teaspoon oregano
6 pound leg of lamb
Salt and pepper
1 garlic clove, slivered
Salad oil

Stuffing: Preheat oven to 350°F. In medium saucepan cook walnuts in boiling water to cover for 3 minutes; drain. Arrange on a jelly-roll pan and toast in oven until golden, about 5 to 10 minutes, shaking pan occasionally. When cool enough to handle, chop coarsely; set aside.

In a skillet over medium-high heat, melt butter or margarine. Cook onions and garlic, stirring occasionally, about 5 minutes. In a large bowl combine walnuts, onion mixture and remaining stuffing ingredients. *(Can be made ahead to this point. Cover and refrigerate until well chilled, at least 4 to 6 or up to 24 hours.)* Makes 3 cups.

Preparing lamb: Have the butcher bone and prepare lamb for stuffing. Open with cut side up (butterfly fashion). Sprinkle with salt and pepper.

Spoon chilled stuffing onto meat; fold one side over to enclose stuffing. Run string lengthwise along lamb and tie to secure. Then tie string around meat every 2 inches to form a long neat bundle. With point of a sharp knife, cut 1-inch deep slashes along top of lamb and insert garlic slivers. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)*

Preheat oven to 450°F. *(continued)*



"Yeah, I hear the gnawing but I still can't service you till next week."

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Enjoy unexpected taste



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980.

GREEK

continued

Rub surface of meat with oil and place it on rack in an open roasting pan. Insert meat thermometer into center of meat. Reduce oven temperature to 325°F. and roast for 2 to 2½ hours or until internal temperature reaches desired doneness: 140°F. for rare, 160°F. for medium. Let stand 10 minutes. Makes 8 servings, about 740 calories each with stuffing.

MEATLESS MOUSSAKA

The Greek favorite fancily molded to provide a dramatic accompaniment to lamb.

2 eggplant (about 1¼ lbs. each)
Salt
¼ cup salad oil
1½ cups thinly sliced mushrooms
1 cup chopped onions
1 can (16 oz.) whole tomatoes, drained and chopped
½ teaspoon cinnamon
2 tablespoons butter or margarine
2 tablespoons flour
½ cup milk
¼ teaspoon nutmeg
2 eggs, slightly beaten
⅔ cup grated Parmesan cheese
½ cup fresh bread crumbs

Lightly grease a 1½-quart straight-sided casserole or charlotte mold; set aside.

Cut stems from eggplant and quarter each lengthwise. With sharp knife cut pulp from skin leaving a ¼-inch-thick shell intact. Chop pulp, place in a colander. Sprinkle with ½ teaspoon salt and toss; let drain for about 30 minutes.

Fill a Dutch oven half full of water and heat to boiling. Drop in skins, reduce heat and simmer, uncovered, for 5 minutes; drain. When cool enough to handle, use a spoon to gently scrape remaining pulp from skins; discard, set skins aside.

In large skillet heat oil. Add mushrooms and onions; sauté 5 minutes. Stir in tomatoes and cinnamon; reduce heat to low. Squeeze eggplant pulp to remove moisture and add to skillet. Cook, stirring occasionally, 10 minutes.

In a small saucepan over medium-high heat, melt butter or margarine. Stir in flour and cook for 1 minute. Pour in milk and stir constantly until mixture thickens. Add nutmeg.

Stir white sauce, eggs, cheese, bread crumbs and ¼ teaspoon salt into skillet

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ith eggplant mixture until completely ombined. Remove from heat; set aside.

Preheat oven to 350°F. Line casserole charlotte mold with skins, arranging ertically (skin side against mold) along ottom and up sides; overlap edges ightly. Spoon eggplant mixture into cen-er. Fold any overhanging skins on top of lling. Put casserole in baking pan on ven rack. Fill baking pan with hot water. ake 1½ hours. Remove casserole from ven; let stand 10 minutes. Spoon off any rippings. *(Can be made ahead to this oint. Cover and refrigerate up to 48 ours. To reheat, put 1 inch water in utch oven; heat to boiling. Uncover old and set into water. Heat until water mmers. Cover pan, reduce heat and ook until eggplant is heated through, bout 45 minutes.)* Invert onto serving ish. Cut into wedges to serve. Makes 8 ervings, about 230 calories each.

GREEK SALAD

's difficult to imagine a Greek dinner ithout a true Greek salad.

ressing
¾ cup olive oil
¼ cup red wine vinegar
1 garlic clove, crushed
1 teaspoon salt
1 teaspoon oregano
½ teaspoon pepper
alad
1 head romaine (about 2 lb.) or 10 cups of a variety of greens such as escarole and chicory
8 radishes, sliced
2 tomatoes, cut in wedges
½ red onion, cut into slices and separated
1 cucumber, peeled and sliced
1 green pepper, seeded, cut in strips
¼ pound feta cheese, crumbled
¼ pound Greek ripe olives
1 can (2 oz.) anchovy fillets

Dressing: In a jar with tight-fitting lid combine all ingredients for dressing. Cover and shake well before using. *(Can be prepared in advance to this point. Cover and refrigerate up to 2 days.)*

Salad: In a large salad bowl tear greens into bite-size pieces. *(Can be prepared in advance to this point. Cover with a damp paper towel; refrigerate up to 24 hours. Wrap vegetables separately in plastic bags. Refrigerate up to 6 hours.)*

Just before serving add vegetables to greens, toss. Add cheese, olives and anchovies. Serve with dressing. Makes 8 servings, about 275 calories each.

RICE PILAF

You may have to adjust the salt level according to the saltiness of your broth.

4 cups chicken broth
2 cups long-grain rice, uncooked
2 tablespoons butter or margarine
1 teaspoon salt
2 tablespoons chopped parsley

In large saucepan heat broth to boiling. Add rice, butter or margarine and salt. Return to boiling. Cover; reduce heat and simmer 20 minutes or until rice is tender and broth is absorbed. *(Can be made ahead up to this point. Cover and keep at room temperature for up to 3 hours. To reheat, place covered pan over low heat. Toss with fork after 10 minutes.)* Garnish with parsley. Makes 8 servings, about 220 calories each.

GALATOBOUREKO (Custard Pastry)

Yes, it's sweet—but oh, so good!

1 quart milk
⅔ cup quick cream of wheat, uncooked
½ cup sugar
10 tablespoons butter
8 egg yolks, beaten
1 teaspoon vanilla extract
12 sheets filo dough
Syrup
1 cup sugar
¾ cup water
2 tablespoons fresh lemon juice

In medium saucepan heat milk until hot, but not boiling. Add cream of wheat, sugar and 4 tablespoons butter. Stir frequently with a wooden spoon and cook until thickened, about 5 minutes. Remove from heat and set aside to cool for 10 minutes. Stir in egg yolks and vanilla.

Preheat oven to 350°F. Grease a 13×9-inch baking pan. Melt remaining butter. Place a sheet of filo in pan; brush with butter. Stack 5 more filo sheets on top, brushing each with melted

(continued)

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GREEK

continued

butter. (Trim or fold each sheet to fit into the pan.) Pour in custard filling, spread evenly. Cover with 6 more sheets of filo dough, again brushing each sheet with melted butter. Make top sheet smooth as possible. With spoon tuck edge of filo dough under at the edges of the pan. With a sharp knife, cut lengthwise slits about 2 inches apart through top filo. Bake for 45 minutes or until lightly browned.

Meanwhile, in medium saucepan, combine syrup ingredients. Boil for 10 minutes; cool. Pour syrup over warm pastry. Let stand on wire rack 15 minutes before cutting into diamond-shaped pieces. *(Can be prepared in advance to this point. Cover with plastic wrap and let stand at room temperature up to 6 hours.)* Makes 16, about 220 calories each.

KOULOURAKIA
(Greek Butter Cookies)

Don't let the kids eat these beforehand—they'll disappear!

¾ cup butter, softened
¾ cup sugar
1 egg
3 tablespoons brandy
1 teaspoon vanilla extract
1¾ cups unsifted all-purpose flour
1 teaspoon double-acting baking powder
36 whole cloves
Confectioners' sugar

In large mixer bowl with electric mixer at medium speed, cream butter and sugar until light and fluffy. Add egg, brandy and vanilla extract and beat until well combined. Stir in flour and baking powder and continue mixing just until blended. Wrap and chill dough 1 hour.

Preheat oven to 350°F. Using about 2 teaspoonfuls of dough, form into a crescent. Place on ungreased cookie sheet 2 inches apart. Repeat with remaining dough. Place a whole clove into center of each crescent. Bake 10 to 12 minutes. Let cool 2 minutes on cookie sheet before removing to wire racks. Sprinkle with confectioners' sugar and allow to cool. *(Can be made ahead to this point. Wrap and freeze up to 2 weeks. Thaw, wrapped, at room temperature. Sprinkle with confectioners' sugar.)* Makes 36 cookies, about 80 calories each. **End**



"Look, Dad, I can do my homework myself. Why don't you help Mom with the dishes?"



LIVING WITH YOUR STARS

FOR JUNE

EMINI (May 21—June 20) Venus puts e bloom in romance. Lucky stars bring od times and plenty of activity. Travel ll refresh and stimulate your mind. ıck is yours throughout the month of ne.

ANCER (June 21—July 22) Comings d goings at home keep the pace hectic. ercury in your sign adds spice to all ırsuits. Acquaintances are now of great sistance in helping you get what you ınt.

EO (July 23—August 22) Loose ends e neatly tied up in this placid month. If ngle, give romance a chance. Friends en their doors, and happy occasions ing delight. A friend brings good news. ve in and buy yourself that special item u've been hankering for.

RGO (August 23—September 22) If ngle, a new attachment could form sud-nly. Popularity is now on the rise. Ex-nd your circle of friends, widen hori-ns. Added energy and enthusiasm are ur gifts from the stars this month; but s a busy phase, so organize! Seize ca-er opportunities now—don't hesitate to proach people in influential positions.

IBRA (September 23—October 22) appy family reunion around the 12th. ve may have you torn in two ways. art making travel plans now. A change scene is essential. Your restless mood uld lead to some unwise moves now, so fer decisions to next month. Resist the ge to spend unwisely.

CORPIO (October 23—November 21) thers are more cooperative this month. me now to plan changes in personal rection. The stars favor travel and new cial opportunities. Financial instincts e sound.

AGITTARIUS (November 22—Decem-r 21) Loved ones are hard to please; isunderstandings and conflicts cloud e month. Try something new and novel take your mind off the unpleasant at-osphere. Cash will be tight, so stick rictly to a budget.

APRICORN (December 22—January 19) Let family members take charge of any arrangements—they have the better ideas at present. Others may prove unreliable, so check details carefully. A break in routine will refresh and uplift your spirits. A good time to start home improvement projects.

AQUARIUS (January 20—February 18) An exciting time for love! Business and pleasure can mix well this month. Try new activities—take a fresh look at what the world has to offer. Finances are optimistic, so splurge on something special just for you.

PISCES (February 19—March 20) Unnecessary complications in relationships are your doing. Life is strenuous for some time ahead, so be sure to schedule some quiet times for yourself. Unexpected invitations from relatives and friends liven up the scene.

ARIES (March 21—April 19) A hectic phase, but the outcome will benefit family and romance. Unusual activities and the unexpected suit your present mood. Fresh air and plenty of exercise help you feel your best. A message at the end of the month is important for your future.

TAURUS (April 20—May 20) Persuade your partner to get started on home improvements. Promising meetings for singles. Make the most of good will and influential friends this month. A busy, but enjoyable time.—PETER VIDAL



a matter of SURVIVAL

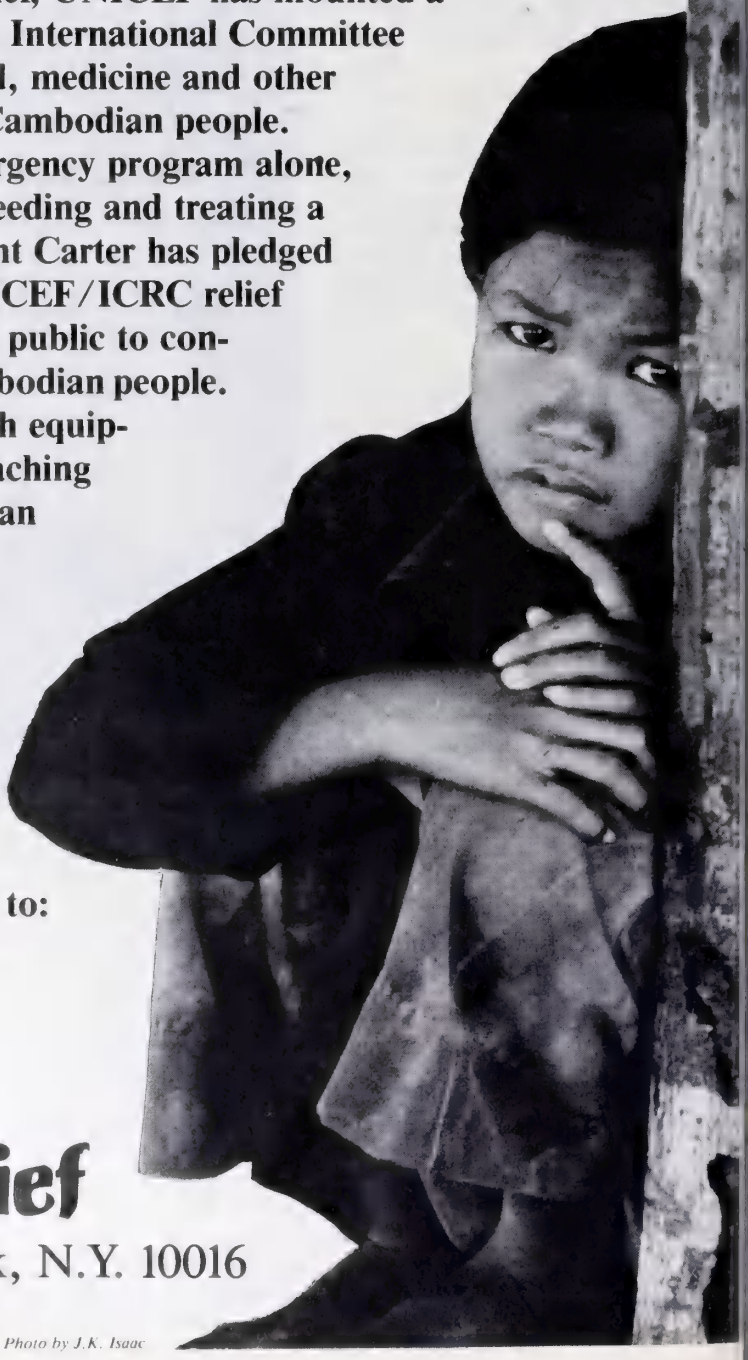
Severe malnutrition and epidemic disease threaten the life of this Cambodian child, one of an estimated three million people in Cambodia whose survival is in serious jeopardy.

As it has in so many past emergencies, UNICEF, the United Nations Children's Fund, is responding to this tragedy. Designated the UN "lead agency" for Cambodian relief, UNICEF has mounted a massive relief program jointly with the International Committee of the Red Cross (ICRC) to bring food, medicine and other urgently needed relief supplies to the Cambodian people.

In the first six months of the emergency program alone, $110 million is needed—just to begin feeding and treating a sick and suffering population. President Carter has pledged U.S. Government support for the UNICEF/ICRC relief operation and has urged the American public to contribute generously to help save the Cambodian people.

Right now, food, medicines, health equipment, and other relief materials are reaching the people of Cambodia and Cambodian refugees in Thailand. A team of UNICEF and Red Cross officials is coordinating the distribution of supplies through air, sea, river, and land transport.

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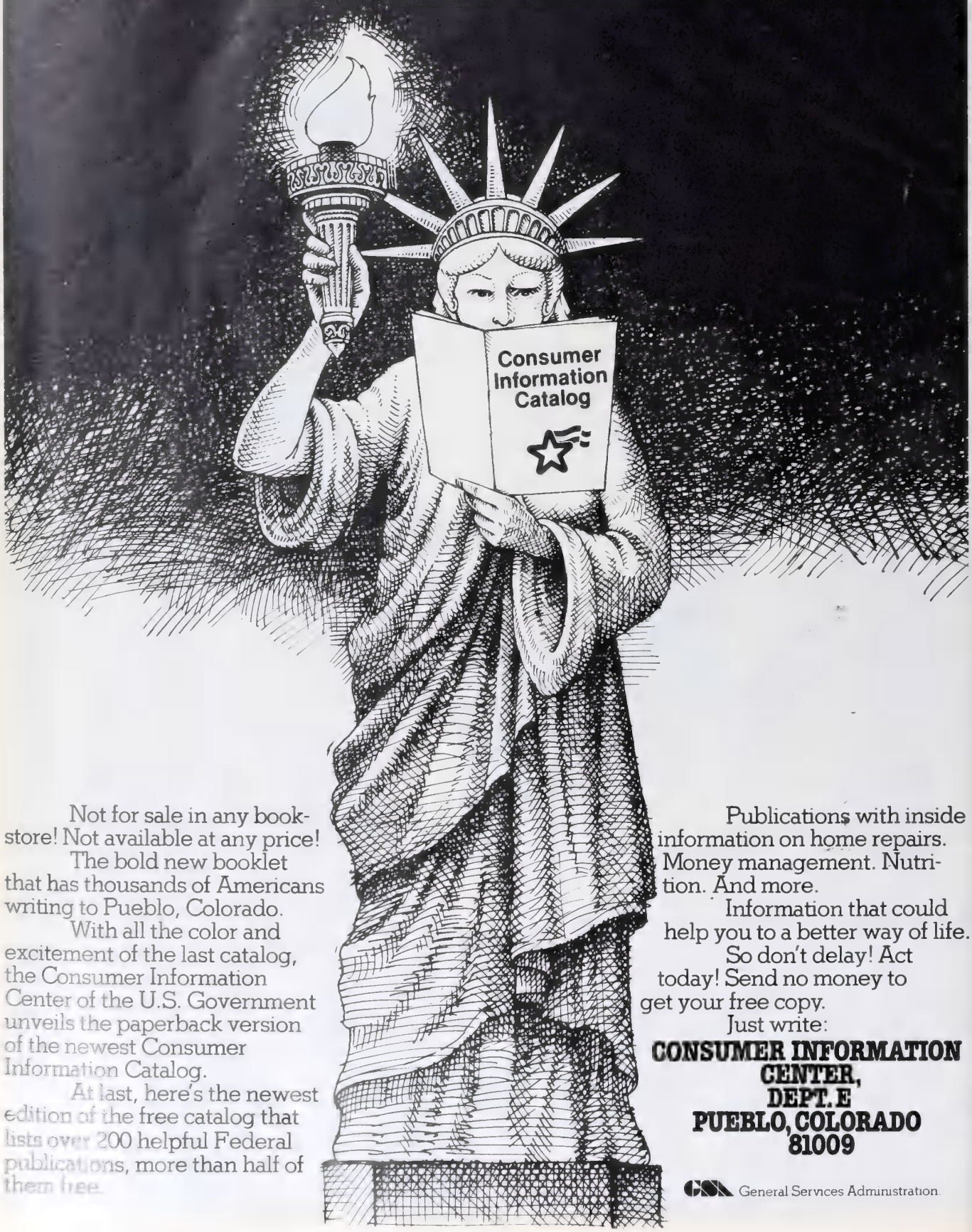
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GSA General Services Administration

Southern Fare

continued from page 82

Combine flour, curry, salt and ginger in a paper bag; add chicken and shake until well coated. Melt butter or margarine in a skillet until bubbly. Add chicken and brown well on both sides, about 5 minutes. Add any leftover flour mixture. Preheat oven to 350°F. Arrange chicken in a greased, 2½-quart shallow casserole. Drain pineapple and orange segments, reserving syrups; cut pineapple slices in half and arrange over chicken. Add orange segments and apple slices. Deglaze frying pan with the syrups and lemon juice. Boil until slightly thickened. Pour over chicken. Cover and bake 1 hour. Makes 6 servings, about 320 calories each.—*Mrs. Walter Carson (Ethel Davidson)*

MOTHER LEE'S SOUTHERN RICE BREAD
pictured on page 80

1 cup cornmeal
1 cup cooked, cold rice
½ cup all-purpose flour
1 teaspoons double-acting baking powder
½ teaspoon salt
1¼ cups milk
1 egg, beaten
1 tablespoon butter or margarine

Preheat oven to 425°F. Grease an 8-inch round cake pan; set aside. In medium bowl, combine cornmeal, rice, flour, baking powder and salt. Add milk and egg and stir until well combined. Pour into prepared pan. Bake for 30 minutes. Remove from oven; spread butter or margarine on top. Cut into wedges. Makes 8 servings, 180 calories each.—*Mrs. Lawrence Lee (Betty Andrews)*

APPLEYARD CENTER VEGETABLE SALAD
pictured on page 80

This requires an eye for color and a big platter, preferably round. Use tender fresh vegetables for this, if you can.

1 head whole cauliflower, blanched
½ cups peas
½ cups green beans
½ cups broccoli flowerettes
½ cups julienne carrots, blanched
½ cup bottled French dressing
Romaine lettuce
3 ripe tomatoes
Chopped fresh basil
Parsley, for garnish
Sour Cream Dressing
1 cup sour cream
2 tablespoons mayonnaise
½ teaspoon dry mustard
½ teaspoon salt
¼ teaspoon grated onion
¼ teaspoon bottled red pepper sauce
Chopped chives, for garnish

Place cauliflower, peas, green beans, broccoli and carrots in separate bowls. Add some French dressing to each and marinate for 2 hours in refrigerator.

Line a large round platter with romaine; place cauliflower in the center. Slice tomatoes and pile next to cauliflower; sprinkle chopped basil on tomatoes. Remove vegetables from marinade and pile each separately around cauliflower. Garnish with parsley. Serve with dressing. Makes 4 servings, about 490 calories each.

Sour Cream Dressing: In small bowl, combine all ingredients; stir until mixed.

GRANDMOTHER LIPPITT'S LANE CAKE
pictured on page 80

Cake
3½ cups unsifted all-purpose flour
Pinch of salt
2 teaspoons double-acting baking powder
8 egg whites
1 cup butter
2 cups sugar
1 cup milk
1 teaspoon vanilla extract
Filling
8 egg yolks
1 cup sugar
1 cup butter
1 cup chopped raisins
1 cup flaked coconut
1 cup chopped pecans
Pinch of salt
1 teaspoon vanilla extract
¼ cup brandy or bourbon
1 recipe fluffy white icing

Preheat oven to 375°F. Grease and flour three 9-inch round cake pans.

In medium bowl, combine flour, salt and baking powder. In small mixer bowl, beat egg whites until stiff; set aside. In large mixer bowl, cream butter and sugar. Add flour mixture and milk alternately to butter mixture. Add vanilla. Fold in egg whites. Pour batter into prepared pans. Bake for 30 to 35 minutes. Cool 10 minutes in pans on wire racks. Remove from pans and cool completely.

In small mixer bowl, combine egg yolks and sugar, beating until thick and lemon color. Pour into saucepan and add butter and raisins. Cook over low heat, stirring constantly, until mixture begins to boil. Cook until thickened, about 3 to 4 minutes. Stir in coconut, pecans, salt, vanilla, brandy or bourbon. Cool. When cool spread filling evenly between cake layers. Ice cake with fluffy white icing. Makes 16 to 20 servings, about 645 calories per 16; 515 calories per 20.—*Mrs. Thomas Clay (Anita Lippitt)*

SWEET POTATO PUDDING
pictured on page 80

4 cups grated raw sweet potatoes
½ teaspoon ground ginger
½ teaspoon cloves
2 cups firmly packed brown sugar
1 cup melted butter or margarine
2 teaspoons grated lemon peel
1 teaspoon cinnamon
1 teaspoon salt
4 eggs, well beaten
1 cup chopped pecans, for topping

Preheat oven to 350°F. Combine all ingredients, except eggs and pecans, until well mixed. Add eggs and stir until well combined; pour into 3-quart casserole. Top with pecans. Bake 1 hour. Makes 10 servings; about 480 calories each.—*Mrs. Hugh Hill (Agnes Walker)* **End**

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KATE JACKSON

continued from page 84

Charlie's Angels contract. That contract, among other things, forced her to turn down the role Meryl Streep eventually got in *Kramer vs. Kramer*—something that, in view of that movie's enormous success, must be more than a minor disappointment.

Since then, however, Kate has been making up for lost time, co-producing and starring with Andrew in their TV remake of *Topper*; appearing with him for three weeks in *Barefoot in the Park* on the stage of Burt Reynolds' Dinner Theater in Jupiter, Florida, and playing opposite Elliott Gould in the soon-to-be-released film, *Dirty Tricks*.

Then, too, she has been faced with the task of trying to make a show-business marriage work, which anyone in Hollywood knows is no short order.

The marriage between Kate and Andrew began with unexpected fanfare when the press learned that the two were going to Martha's Vineyard to "elope." "We weren't really eloping," Kate recalls. "We planned to be married with just our families present. But all of a sudden, it turned into this tremendous thing. There were reporters from every magazine; the phones were ringing off the hook, helicopters were flying around the house. . . . It was bizarre."

Things have quieted down somewhat since then, but the couple's life has not settled into what Kate considers an orderly pattern either. They *have* learned to cope with long periods apart by taking advantage of any small block of time left between their too-busy schedules.

"Right now, I'm working on projects that can be handled by telephone," Kate says, "and I'm free to spend time with my husband every couple of weeks." Several weeks after our Hollywood visit with Kate, she flew to Banff in the Canadian Rockies, where Andrew was filming *Death Hunt* with Lee Marvin and Charles Bronson. She talks and cuddles with Andrew in the trailer for a while, then decides to go outside, where the temperature is hovering around ten degrees below zero. The owner of four Siberian huskies, Kate has learned that there are ten teams of the dogs on the movie set. So she borrows Andrew's heavy wool socks and ski parka and, after giving him a kiss, heads out into the snow.

Andrew explains that he and Kate mostly work separately because there are fundamental problems in working together. "Kate's interests are different from mine. Television has been good to her. She likes it and wants to do more. I, on the other hand, have no interest in series television," adds the boyish, blond-haired Andrew. "I want to do films, and if I do TV, it's only going to be made-for-TV films.

"Kate and I are not a package deal; you don't hire one and automatically get the other. Kate is going to follow her interests, and I am going to follow mine."

Problems revealed

Kate agrees. She recalls with fondness the making of *Topper*, which was ABC's highest-rated Friday Night Movie last year, but remembers that it revealed the problems and drawbacks in "team" efforts.

"It's rough on two people who live together to work on something together," she says. "There were times when we were both so intense that we became a little rigid. We had to back off and say, 'It's not heart surgery; it's a movie.'"

Kate also confirms that while movie acting attracts her—and she will take parts—television is her favorite medium.

"When used properly, TV can be the most powerful medium in the world," she says. Jane Fonda recognizes this.

"When Jane decided to go into television, she came to talk to me about it. She told me that more people saw the third-rated prime-time television shows on any one night than would ever see her in the film *Coming Home* for all time. Indeed, once Jane and I walked into a restaurant in Santa Barbara together; all eyes were riveted on me, not Jane, which really surprised me.

"People seem to think that the logical progression is from television to movies. But they don't realize the exposure i greater on television. Jane Fonda ha made a deal with ABC [a made-for-T film, *The Dollmakers*, expected to ai later this year], and I've told her all know about the business."

Thinking again about her career an her marriage, Kate admits that there ar limits to the amount of separations a mar riage can stand. Last year, for example after completing work in Montreal o *Dirty Tricks*, she was in conflict abou doing a TV movie project that would hav taken her to another distant location afte a brief two-week break.

"I finally asked to withdraw from th project, even though it was a terrifi script and I was truly anxious to do it. Kate recalls. "I'd been away from hom and Andrew long enough. Andrew ha never asked me not to work, but when said I was withdrawing in order to spen more time with him, Andrew agreed.

"It's tough on any married couple to b apart and I'm not talking about infidelity It's just not a good thing. After all, yo get married because you *want* to be wit your mate.

"On the other hand," Kate muses, " can't sacrifice my career. Andrew wouldn't want that either."

Passing up the TV movie project, Kat says, was merely one of the compromise that must occasionally be made to strike balance between career and marriage— the kind of selective compromise she be lieves will help her avoid having t choose between the two.

Now Kate has reached the age of 31 and what she expects to be doing in th near future—besides films and, perhaps a new half-hour TV series she prefers t keep mum about—is starting a family.

"I want to pass the love I have for lif on to another human being, who will pas it on in turn," she says. "But I don't wan to just have a baby and let someone els take care of it. I want to have time wit my child. I want to be a good mother. want a full, well-rounded life," she says "and parenting is one of the importan human experiences. I'd like to have hundred kids, but I guess we'll settle fo two."—NICHOLAS HARRING AND ALA MARKFIEL

THINGS WERE DIFFERENT THEN

continued from page 99

best friend." Another thing I liked, at age 37, was having someone call me "child." Other faces would take her back. "That is Kate Mulholland." She would lean back in her chair and look at a [illegible] yes. Kate rode a fine [illegible] I must [illegible] time we rode down to [illegible] am. . . .

[illegible] and on Grandmother's visits I would float back to a time before what Grandmother called "the first war," to a time when our city was a town peopled with girls in white muslin dresses and men in black suits with watch chains draped across their waistcoats. That was what I liked most of all, the traveling back with Grandmother to those days that always seemed to be suffused with a warm golden light.

But on that particular Tuesday I was not interested in a golden past. I was interested only in the present, my own present, which was completely devoid of glow, golden or otherwise.

The argument did not start at breakfast. It had been going on for days, in and out of the house, coiling through our lives like a cold, venomous snake.

"But, Mom, why can't I go? You talk self-reliance and all that, but the first time I try to—listen, I can handle it!"

"I have tried and tried to explain Laura!" I turned to my husband for help. "Harry, tell her—"

"Oh, no, you don't!" he said. "I've told you where I stand. I'm not crazy about the idea, but Laura can handle herself."

"See, Mom? Dad thinks I should go!"

"He thinks no such thing!"

"Oh, Mom!" She snatched her books. "Laura! I will not have you speak to m in that—"

(continued

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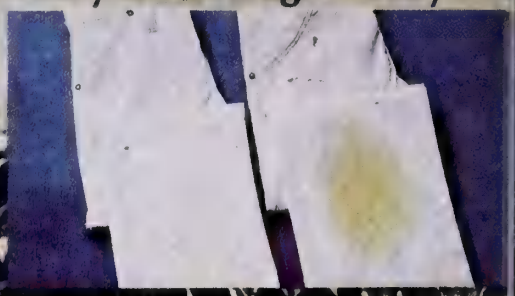
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THINGS WERE DIFFERENT THEN

(continued)

"You two!" Harry grabbed his briefcase.

They timed their exits perfectly, Harry t the front of the house, Laura at the ack. The doors slammed in unison.

"We'll talk about it tonight," I said, but here was no one to hear.

Laura was right, I had always empha- ized self-reliance. I wanted her to be ndependent; to value herself for her own vorth and not by the rules society im- posed upon her. I taught her to tie her wn shoes before she was four. I encour- ged her to read about Pippi Longstock- ng, a heroine with gumption.

But I was thinking of adult indepen- ence. I mean, you can't go off to college vith your shoes untied. I was not think- ng about independence at age 15 and, nost especially, I was not thinking about harebrained adventure such as the one aura's Spanish teacher had dreamed up.

The Spanish class, you see, was to earn noney with car washes and bake sales, orrow the school's bus and take a camp- ng trip to Mexico. I ask you! Twenty 15- ear-old boys and girls on a ten-day amping trip with only one bus driver nd a 26-year-old teacher in charge? To ne those numbers added up to trouble.

Accidents. Bandits. Disease. Sleeping n tents. The teacher said it would be an xcellent learning experience, but I sus- pected that those children might very vell learn more than they were ready to handle. And you would have thought that was the only one who could see the dangers in the plan! Even our normally ane principal agreed to it. Well, I spoke ut against it, all right, but I got no upport at all. And believe me, I did not elish the role of Wicked Witch.

You can see why I was in no mood that uesday afternoon for rambles in the gold- n past with Grandmother. However . . .

"That's Mr. William Hotchkiss, child, a ay preacher during the first war."

I recorded the name, numbered the icture and put it into Cousin Amelia's ile box. Then I handed her a tintype, a icture of a man and woman. Outside a nockingbird was scolding in a nervous, epetitive trill. I tapped my pencil against ny yellow pad, but Grandmother was not o be hurried.

"Oh, yes," she said finally. "It's Vinnie. My sister Vinnie."

Great-aunt Vinnie. There had never been much talk about her in the family. I only knew that she had died before I was even born.

"How old was she in the picture, Grandmother? And who is the man?"

"She was twenty years old that sum- mer, child. Oh, yes. I'll not forget the summer of 1911!"

I held the picture to the light. Vinnie was not a pretty girl. She had good fea- tures and thick dark hair piled up on her head, but her eyes were fixed on the camera as if to hypnotize it, and her jaw was set and square. Something about that jaw reminded me strongly of the way Laura had looked at breakfast.

"She looks older than twenty. Maybe it's because she looks so rigid."

"She was fixed in the photographer's headstand, child, his iron clamp. Most folks didn't need it, could sit still, but Vinnie always was inclined to fidget."

The man in the picture looked relaxed, but then his eyes were not fixed on the camera. They appeared to be focused on something off to one side, out of the picture altogether. He was handsome, even in the high stiff collar, and his cen- ter-parted hair stood out in wings that matched the flair of his full mustache.

"And the man is Mr. Otis P. Comstock. Vinnie almost ran away with him that summer. Or after him, I should say."

"Not really! What happened?"

"Mr. Otis P. Comstock. He was hand- some, oh, yes, but as Papa always said—I mean my Papa, child, your great-grand- father. Papa always said, 'Handsome is as handsome does.' Well, Mr. Comstock came to town that spring and took a room at the Excelsior Hotel and announced to all who cared to listen that he was the sole Southern representative of the W. W. Ellis Electric Energizer Company of Hartford, Connecticut."

"Electric Energizer?"

"Yes. With a 'z.' Oh, yes. Mr. Com- stock said that it was guaranteed to cure the most troublesome ills of man. Dropsy. Sciatica. Headaches, gastric dis- turbances, even—" She hesitated. "Some said it would have a beneficial effect on female troubles, but I don't know."

"But what about Aunt Vinnie?"

"Oh, Vinnie never used the Electric Energizer, as far as I know."

"I mean, what about Vinnie and Mr. Comstock?"

"Oh, yes. Mr. Comstock cut a fine figure, all right. He came to the Method- ist church that first Sunday and it is my opinion that Vinnie took one look at that handsome profile and heard one hymn in that strong tenor voice and was smitten by love. How that girl sighed and carried on! Well, child, if truth be told, half the girls in town were sighing and carrying on over Mr. Otis P. Comstock. I will say, the more Vinnie sighed, the prettier she got. And don't think Mr. Comstock didn't notice it, too! He came to call one eve- ning, not even bringing his demonstrator, just to sit in our parlor and make eyes at Vinnie. How Vinnie blushed and, oh, how she pumped out 'Rock of Ages' on our reed organ! Mama served him tea with the best china and Papa, who was much interested in scientific inventions, questioned him about the principles of the Ellis Electric Energizer. And in no time at all, Vinnie and Mr. Comstock were keeping company. But not for long, oh, no. Poor Vinnie."

"Did they have a fight? Or did they just—"

"A fight! Child, there was no time for fighting or loving either! Mr. Comstock just left town one day, in the dead of night. A lot of our citizens had paid down on machines, but he left those folks with empty pockets and with headaches and no Electric Energizer to cure them! No- body ever saw hide nor hair of another Electric Energizer, nor, for that matter, of Mr. Otis P. Comstock himself."

"And he left Aunt Vinnie—"

"Without so much as a kiss my hand! What a hoo-raw there was! I was right there, child, I heard every word of it. Papa said the man was a scoundrel and Vinnie said scoundrel or not, she loved him. And Papa said he ought to be horse- whipped and Vinnie said she was going after him. 'Ha,' Papa said, 'and just what do you propose to do if you catch up with him?' and Vinnie said, 'I do not know, Papa, I will either horsewhip him or marry him, depending.' And Papa said, 'Over my dead body will you go traipsing off after that scalawag!' And Vinnie said she would follow Mr. Comstock to the ends of the earth if need be, and Mama cried and said that the two of them would have her in her grave before the day was over. Then Papa said, 'And just what do you intend to use for money, Missy,' and that stopped Vinnie right there. 'All right,' she said. 'All right. But if I cannot marry Mr. Otis P. Comstock, I will marry no man at all.' And she did not. Poor Vinnie." Grandmother sighed heavily. "Well, child, where's the next picture?"

"Grandmother! You can't just—what happened to Vinnie?"

"Poor Vinnie." She shook her head sadly. "I am sorry to say that the very next morning that girl got herself all gus- sied up and marched herself to the cotton gin and got herself hired as secretary to the president, Mr. John Fort."

"In 1911! You must have been proud!"

"Proud! It was a disgrace! A young lady of good family working in an office? Alone with all those men?"

"Oh, Grandmother, surely no one ever thought that she would—you know."

"I know, yes. Child, we had 'you-know' in my time, too. But it didn't matter what she did, it was how it looked. A disgrace to the whole family. Papa went right down to the gin to fetch Vinnie home and do you know, that girl refused to leave her desk! Papa said in that case she was no daughter of his, and he disowned her on the spot, with Mr. John Fort himself as witness! Well, Mama went behind his back and got some bits and pieces to- gether to furnish a little rented house for Vinnie, but oh, how Mama did cry! A young, unmarried woman, living all alone like that? Why, Mama could hardly hold her head up in the town." *(continued)*

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THINGS WERE DIFFERENT THEN

continued

Grandmother leaned forward as if to confide in me. "It is my opinion, child, that Vinnie had a purpose in mind. I believe that she intended to save up her money and go in pursuit of Mr. Comstock."

"Well, did she? Did she go after him?"

"Oh, my, no. You see, our brother's wife was poorly after her second baby and Vinnie had to move in with them for a spell and then Cousin Hattie took sick and Vinnie went to stay till Hattie got her strength back and—"

"Why Vinnie, Grandmother? I mean instead of someone else?"

She looked startled. "Why, she was the unmarried one, child. She didn't have a husband and family to care for. Then the war came and Mr. John Fort went off to France and left Vinnie to run the cotton gin. Imagine! A girl like that! No, child, Vinnie didn't go looking for Mr. Comstock. Vinnie never again left this town. But she did something almost as bad! You may have heard mention of my great aunt, Matilda Clemons?"

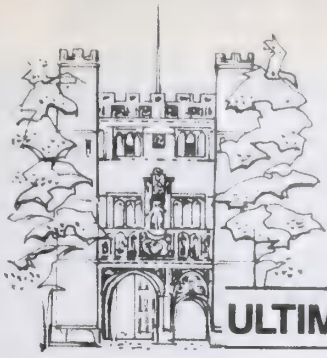
"Oh, she was the hill woman, wasn't she? The woman who smoked a corncob pipe?"

Grandmother's mouth tightened. "She owned a hill farm, yes, but I do not propose to discuss corncob pipes. Well, Great-aunt Matilda had stated publicly that disgrace or not, she was inclined to admire Vinnie's gumption, and then didn't she go and die and leave her farm to Vinnie! Lock, stock and barrel! We thought Vinnie would make it up with Papa and move back home to live quietly off that income, but not Vinnie! She sold that farm outright and she bought the second automobile that was ever seen in this town and then she went and paid in the cotton gin until she was half-owner with Mr. John Fort. And him a married man with five children! Papa never again spoke her name aloud. He would pass her on the street and never so much as tip his hat, which he would do even for the cook at the Excelsior Hotel. Oh, how Mama cried."

"Grandmother? Do you think Vinnie was happy?"

"Happy? Why, child, I don't know that anyone ever thought to ask. But she was stubborn, oh, yes. She was Papa's equal when it came to stubborn. *(continued)*

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THINGS WERE DIFFERENT THEN

continued

She went to Papa's funeral, though, and she cried. And afterwards she made it up with Mama. In fact, in later years Vinnie moved in to live with Mama, and I will say, they had many a good laugh together. Maybe they even laughed about Mr. Otis P. Comstock sometimes. I don't know."

"But that's sort of a happy ending, Grandmother."

"No, far from happy. It almost broke Mama's heart. It wasn't just Papa, you see, it was the whole town. From the day Vinnie set foot in that cotton gin, there were homes where she was not received, not received at all. Things were different then, child. People were different."

"They certainly were!" I said indignantly, but my voice sounded hollow, even to me.

Things had changed, but I was not so sure that people had changed. Was I really so different from my great-grandfather? He had disowned his daughter because she would not stay in the frame that he had designed for her, because she exercised her own will instead of staying fixed in some eternal, fading tintype of what a woman should be. But what was I doing to Laura? I told her that I wanted her to be self-reliant, and now that she wanted to go out on her own, I was holding her back as surely as if I were tightening the screws on a photographer's iron headstand. Because I was worried about bandits and accidents? No. I had to face it. I was worried about 15-year-old boys. I seemed to think that the instant Laura was out of my sight she would forget or ignore everything that she had ever learned.

"And, in the end," I said slowly, "in the end he lost her, didn't he?"

"Mr. Comstock?"

"No. Great-grandfather. He lost his own daughter, didn't he?" I looked up. "Grandmother?"

She had dozed off, as she sometimes did even in mid-sentence.

Aunt Vinnie had been a success in spite of her father. She had created an independent life for herself when independence was the last thing a young lady should or could want. But had she been happy? Alone at night, had she sometimes wept for Mr. Comstock, without the support of her family?

Poor Vinnie. Poor Laura.

Suddenly I sat up straight, struck by an idea so startling that it was as if an Ellis Electric Energizer had been put to my temples and had sent a pulse of pure energy through my brain.

If Vinnie could achieve so much with only the support of a constantly weeping mother, what could Laura do, if her mother would only trust and encourage her? Why, in our day and age, she could climb, quite literally, to the moon! Today Mexico—tomorrow the galaxy!

I touched the tintype of Aunt Vinnie and Mr. Comstock and I wished desperately that I could go back in time to Grandmother's years for a moment, just long enough to thank Aunt Vinnie for teaching me something I had needed to learn. To hold your children close, you must set them free. You must let them chase their Mr. Comstocks for miles and miles and miles, until they can find themselves.

I whispered, "Grandmother?" but she was now sleeping soundly. Quickly I gathered up my handbag. I wanted to hurry home, you see, to sign up for a car wash and make a cake for the bake sale and most of all, I wanted to start trusting my own daughter.

But when I pushed open the screen door, I realized that even as a door was opening in Laura's life, one was closing in mine. My breath caught painfully in my throat, as if I were already waving good-bye to Laura, as if I were watching my daughter walk away from me, watching the child become the woman.

Then I closed that screen door with a soft but definite click. I thrust my chin forward, like Great-aunt Vinnie herself, and I marched myself down the front walk.

After all, I told myself firmly, sometimes the best way to hold on is to let go for a little while. **End**



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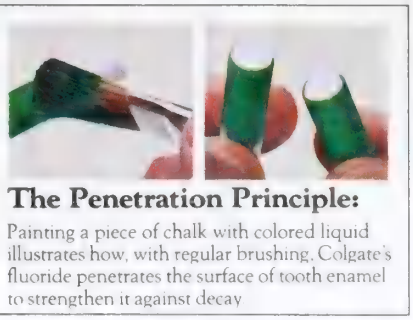
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